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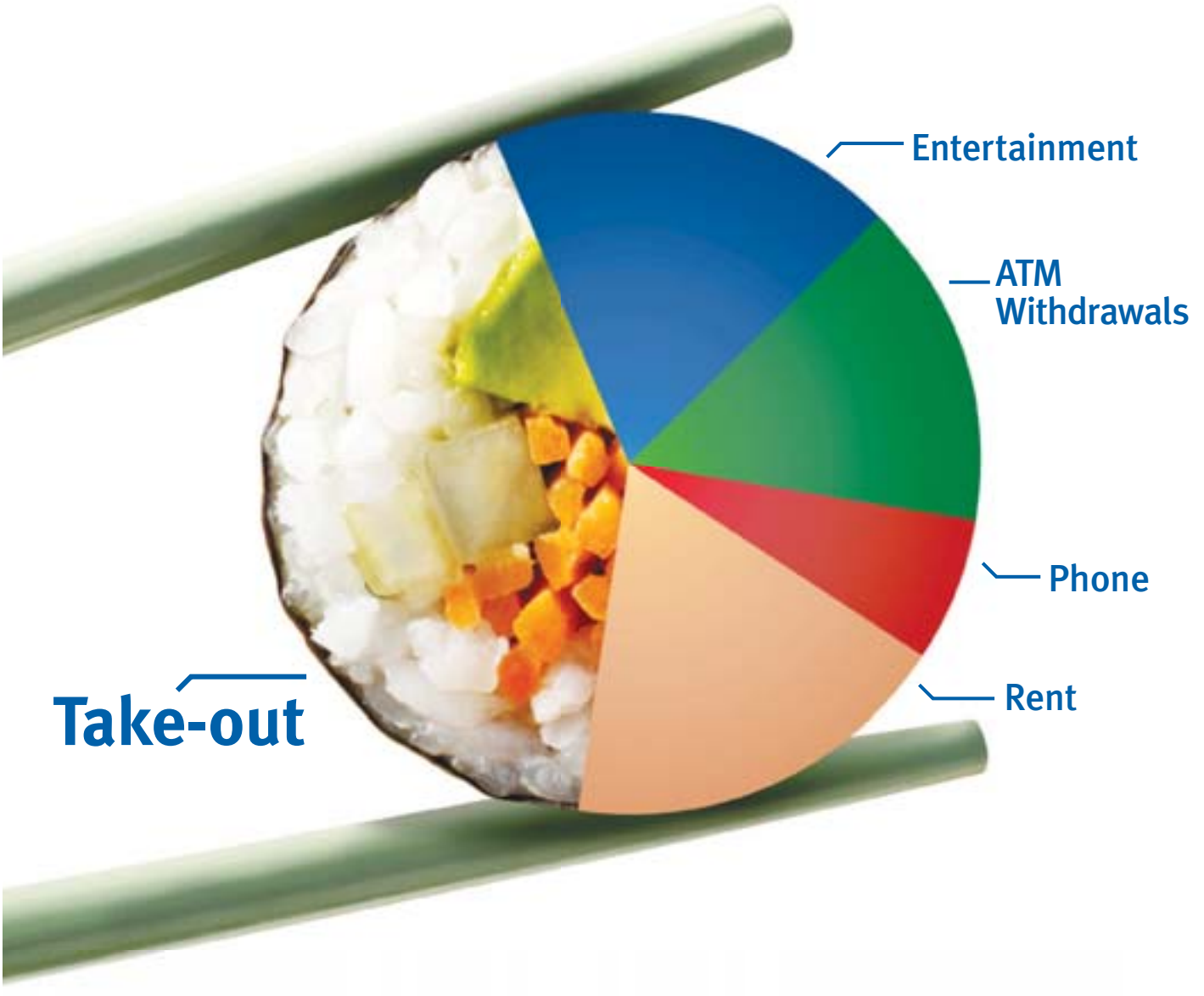

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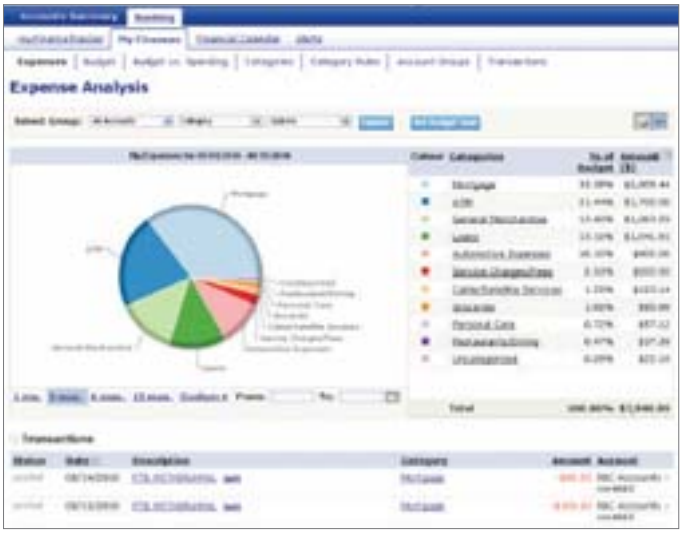

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Wednesday's Jackpot
$3,500,000 estimated
LOTTO 649

NOT GETTING EIGHT HOURS A NIGHT? YOU MIGHT ACTUALLY BE BETTER OFF {page 36}

DOWNER
TOP PROSPECT WON'T START WITH LEAFS {page 51}

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Paris. Fashion

PASCAL LE SEGRETAIN/GETTY IMAGES

It's like summertime in October

A model walks the runway yesterday during the Stella McCartney Ready to Wear Spring/Summer 2011 show during Paris Fashion Week at Opera Garnier in Paris.

It's all in the family

Report highlights 'fluid' nature of contemporary Canadian family Study found married couples with children are a minority in all provinces and territories

If there were one way to pigeonhole the typical Canadian family, it would be this: There is no such entity as the typical Canadian family.

Single-parent, step-parent-blended, same-sex or common-law — the country's modern family comes in all shapes and sizes and is constantly shifting its makeup, suggests a report by the Vanier Institute of the Family released yesterday.

"Family really is quite fluid," said Katherine Scott, director of programs at the Vanier Institute and principal author of the report entitled Families Count.

The report says today's families are smaller than in the past and adults wait longer to marry, if they tie the knot legally at all.

Common-law unions are becoming far more prevalent as an alternative — not just a prelude — to a formal walk down the aisle.

The document, much of it based on 2006 census data, says the proportion of legally married Canadians has been falling over time, with about 48 per cent of adults reporting they were legally married that year.

While shifting societal attitudes have had a huge hand in colouring the portrait of Canada's families, so too have fluctuating economic realities — such as the need, in many cases, for two-income households.

THE CANADIAN PRESS

Family facts

Some of the findings:

- **Common-law unions** are the fastest-growing type of family, rising to 15.5 per cent of all families in 2006 from 5.6 per cent in 1981.
- **Two decades ago**, 81 per cent of children younger than 15 were living with parents who were legally married; by 2006, that figure had dropped to just less than 66 per cent.
- **Same-sex couples** grew by about one-third between 2001 and 2006, five times faster than the growth in opposite-sex couples.

Checking T.O.'s Vital Signs

A look at how to improve our quality of life {pages 3, 24, 27-30}

Don't worry, she's friendly

But Jessica Napier is certainly not a 'dog person' {page 24}

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- Crossroads Plaza
- Empress Walk
- Lawrence Square
- North York Sheridan Mall
- Sheppard Centre
- Yorkgate Mall

OAKVILLE
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- Winston Power Centre

ORANGEVILLE
- 114 Broadway Ave.

OSHAWA
- Five Points Mall
- Oshawa Centre

PICKERING
- Pickering Town Centre

RICHMOND HILL
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- Richmond Heights Plaza
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- Vaughan Mills (kiosk)

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‘Life is worse now than it used to be’

Residents live near places lacking in transit, social services because they can’t afford better: Professor

After her husband died in 1975, Rita (Reseda) Beauchamp moved out of their family house in Thornhill to a one-bedroom apartment — and found a job as a K-Mart store clerk.

She was 55.

The blue-collar job helped her support herself until her retirement in 1988. Twelve years ago, she moved into a subsidized apartment in north Toronto.

“I think life is worse now than it used to be. More and more people are struggling,” said the robust 90-year-old, who used to own a taxi business with her late husband, Gordon.

According to the 2010 Vital Signs report, the number of middle-income neighbourhoods in the city dropped dramatically to 29 per cent from 66 per cent between 1970 and 2005. And the gap just keeps growing.

Neighbourhoods where incomes fell 20 per cent or more during the same period doubled and now cover 43 per cent of Toronto’s 2.5-million population, mostly in the northeast and northwest inner suburbs.

They include homeowner immigrant families with slightly higher average incomes, old blue-collar families that have a high proportion of seniors like Beauchamp, foreign-born apartment dwellers with high education and younger visibility minority households in poverty.

University of Toronto social work Prof. David Hulchanski said the continuous growth of these neighbourhoods can be attributed to:

- The disappearance of good blue-collar jobs, replaced by temporary minimum-wage positions with no benefits.
- Declining social housing and rent supplements that have failed to meet increasing needs.
- Discrimination faced by an increasingly diverse immigrant population in accessing meaningful and gainful jobs.
- A deteriorating income support system.

“The amount of money you received in 1986 could better cover rents, food and other basic needs,” said Hulchanski.

TORSTAR NEWS SERVICE

TANNIS TOOHEY/TORSTAR NEWS SERVICE

▶ Rita (Reseda) Beauchamp says she considers herself one of the few lucky ones who receives the support she needs.

Signs of times

Jane Moore, executive director of Senior Peoples’ Resources in North Toronto, or SPRINT, said people are stretching every dollar to make ends meet.

▶ The number of clients who requested waivers of the minimal service fees at her agency keeps rising. Some people in their 80s are forced to take out loans to cover debts, she said.

▶ “It has to do with secure, good jobs,” Moore explained. “What people need is a hand-up, not a handout. We need public policies that help people find ways to be contributing members of the society and make a living.”

1 news

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Switch to Ford 'hypothetical,' says Rossi team co-chair

Source to Rossi camp says some prominent Conservatives are itching to move to Ford's team

ANDREW WALLACE/TORSTAR NEWS SERVICE

▶ Rob Ford, left, and Rocco Rossi talk after a debate at York University.

A prominent co-chair of Rocco Rossi's mayoral campaign acknowledges telling rival Rob Ford's team he will join them if Rossi drops out of the race.

But John Capobianco said in an interview with the Toronto Star yesterday that it was a hypothetical statement made among friends, and he's staying put as long as Rossi is running.

"In discussions today, Rocco made it abundantly clear that he's staying in the race. I'm staying with him until the end," said Capobianco, a prominent PR practitioner, influential Conservative strategist and two-time candidate for the federal Tories in Etobicoke-Lakeshore.

Capobianco hotly denied a suggestion in a news report yesterday that, during a meeting last week with Ford's campaign manager Doug Ford and deputy campaign manager Nick Kouvalis, he asked if the Ford team would pay some workers until the Oct. 25 election if they moved over with him.

"I never, ever asked about money for staffers; that's a complete fabrication," Capobianco said.

The Star reported last week that some senior Rossi advisers were questioning if he should continue if the next poll doesn't see his meagre support rise. Other advisers, however, are adamant that he stay in the race, and Rossi appears to agree.

"Last week, on my way home from work downtown to my home in Etobicoke, I stopped by the Ford family's place of business, Deco Labels and Tags," he wrote, adding that Rob Ford is a friend who supported his federal campaigns. "The chat at Deco Labels last week lasted 35 minutes. Attending were myself, Nick Kouvalis and Doug Ford ... I was asked if the mayoral candidate I support, Rocco Rossi, might drop out of the race. I replied that he was not dropping out.

"I was then asked if, in the event he did, I would consider joining the Ford campaign. I replied that it was a hypothetical situation and difficult to speculate, but my inclination would be to do so in the event that Rocco left the race. I emphasized that Rocco was in the race until election day and I was with him to the end.

"I was also asked if I thought anyone else from the Rossi campaign would come over with me in the event Rocco dropped out. I replied that while it was hard to say, I'm sure there would be some."

TORSTAR NEWS SERVICE

Campaign. Cycling

▶ Frank De Jong is running for city council and, as befits a former leader of the Green party, he's riding a specialized work bike to put up signs for the election.

RENE JOHNSTON/TORSTAR NEWS SERVICE

Rolling onto the campaign trail

Could sales earn city $615M?

The Smell Test provides a closer look at claims made by GTA mayoral candidates.

Claim: George Smitherman said he would bring in $615 million in his first term as mayor by selling city-owned Enwave, as well as surplus lands.

Background: In his budget blueprint, Smitherman plans to sell the city's interest in Enwave, the company that provides heating and deep-lake water cooling to downtown buildings, for $100 million in 2011.

He said sales of "surplus land" would fetch $65 million more that year, increasing to $150 million each year through 2014.

Smell test: Smitherman's target seems on the mark. In Toronto's budget process this year, it was suggested the city sell its 43 per cent stake in Enwave, which was analyzed as being worth more than $100 million.

$17.9B

The city owns almost 5,300 properties valued at roughly $12.4 billion. Its groups and commissions, such as the TTC, own an additional 1,822 properties worth about $5.5 billion.

Smitherman's plan for surplus land isn't novel. The city's blueprint for fiscal stability suggested Toronto "should conservatively target $150 million annually from real estate development, sales, etc."

Build Toronto, the city's new real estate corporation, has a portfolio of city-owned lands worth about $200 million. The value is expected to climb to $350 million by 2014.

At first glance, this wouldn't cover the $515 million Smitherman seeks. But the city could use its appraisal process to find other city-owned lands it's willing to sell, which could make up the difference.

Verdict: Fresh.

TORSTAR NEWS SERVICE

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TORONTO 18 CASE

Terror plotter sentenced to time served

A man portrayed as a minor player in the so-called Toronto 18 terror plot has been sentenced to time served.

Asad Ansari was found guilty — along with co-accused Steven Chand — by a jury in June of participating in a terrorist group.

Those verdicts marked the end of the mammoth Toronto 18 case.

In all, 18 people were charged with terrorism offences.

Ansari, 25, spent three years and three months in pre-trial custody before he was released on bail in August 2009.

While he faced a maximum of 10 years behind bars he was instead sentenced yesterday in a Brampton court to time served.

He remains on probation for three years.

Seven other Toronto 18 members had their charges dropped or stayed, two were found guilty at trial by judge and seven pleaded guilty.

Ansari and Chand were on trial with Fahim Ahmad, who pleaded guilty mid-trial to leading a terrorist group, instructing others to carry out activities for the benefit of a terrorist group and importing firearms for the benefit of the terrorist group.

The jury heard weeks of evidence that Ahmad was plotting to attack Parliament, electrical grids and nuclear stations and that he held training camps in order to assess the suitability of recruits for his cause.

The jury had heard that Ansari attended one of those camps in December 2005.

THE CANADIAN PRESS

Pigs meet their end, earlier than expected

DARREN CALABRESE/THE CANADIAN PRESS

▶ Firefighters, police and animal protection workers corral dozens of pigs after a tractor trailer rolled over on a ramp.

- Driver of rig uninjured in crash
- Faces charge of careless driving

Fifty frightened pigs wandered around a Toronto highway on-ramp early yesterday, as 81 others lay dead or dying amid the squealing and grunting cargo of an overturned transport truck.

The gruesome scene greeted emergency crews who arrived in the dead of night at the crash site in the city's west end.

"They were in various stages of injury. Some were completely uninjured, right up to many (that) had been killed on impact," said provincial police Const. Graham Williamson.

The big rig was carrying 250 pigs to an abattoir. But police said it was going too fast for the curved Highway 427 on-ramp to the eastbound Gardiner Expressway. It rolled over onto its right side about 4:30 a.m.

"You're dealing with live animals. They have feelings of fear, of course. They're extremely stressed out by the entire operation, the procedure, the actual incident"
CONST. GRAHAM WILLIAMSON

The impact of the crash ripped the roof off the trailer, allowing dozens of the animals to escape onto the road, where they walked around, some licking the ground.

Corralling them was a difficult process that took almost eight hours for animal protection workers, firefighters and police.

THE CANADIAN PRESS

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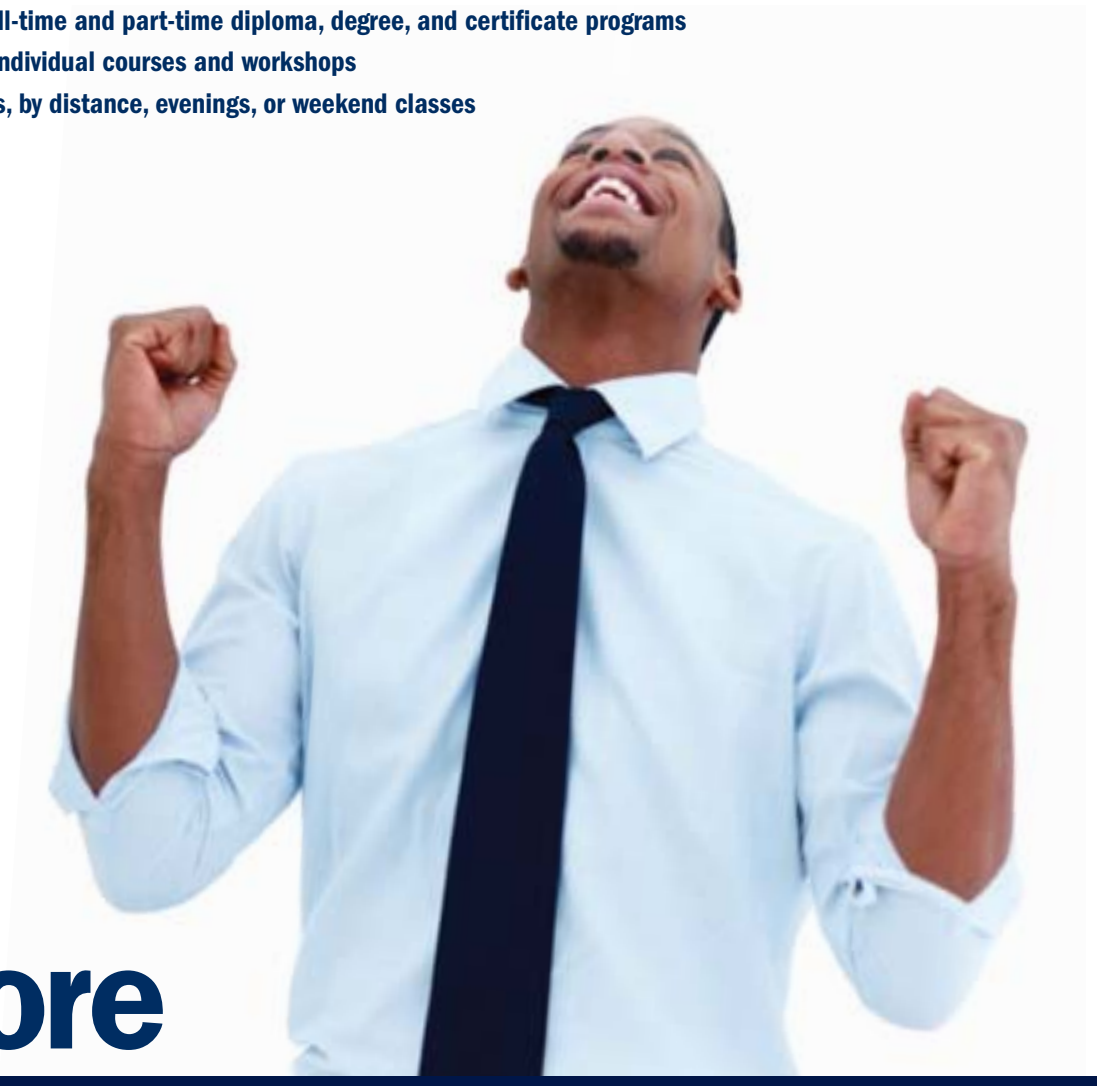

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Health minister to crack down on lobbyists

Hospitals found to be spending thousands on professional lobbyists • Former Grits on firm's payroll

Health Minister Deb Matthews is promising to crack down on the use of lobbyists by hospitals amid criticism that scarce health-care dollars are being wasted on trying to influence the government.

The New Democrats raised the issue in the legislature yesterday after they found that at least 14 hospitals have firms registered on the province's list of lobbyists.

Four hospitals still have lobbyists on the active list, the party said. The rest of the contracts ended over the summer after NDP researchers started digging around.

It's still not clear how much money is being wasted on lobbyists, as only three hospitals were willing to say how much they spent, said NDP Leader Andrea Horwath.

CARLOS OSORIO/TORSTAR NEWS SERVICE

▶ Health Minister Deb Matthews.

They included Mississauga's Credit Valley Hospital, which spent $80,000, Brampton's William Osler Health System with almost $78,000 and Tillsonburg District Memorial Hospital with $35,000.

Both Tillsonburg and Credit Valley hired StrategyCorp Inc., a Liberal-friendly firm whose key lobbyists include Premier Dalton McGuinty's former staffers, Horwath said. The Liberals fired back, pointing out that StrategyCorp also employs a number of former Conservative operatives.

THE CANADIAN PRESS

McGuinty hopeful for Hamilton steelworkers

U.S. Steel's decision to shut down its blast furnace at the former Stelco plant in Hamilton is a "terrible" development, but the Ontario government still hopes the company will continue operations in the city, Premier Dalton McGuinty said yesterday.

The United Steelworkers of America fears the blast furnace shutdown will soon lead to layoffs, which happened after a similar shutdown in 2008.

McGuinty told the legislature he knows how unsettling the announcement was for the workers.

THE CANADIAN PRESS

400

The company announced last week it was indefinitely shutting down the blast furnace, shifting up to 400 jobs to other areas of its Hamilton operations.

CARLOS OSORIO/TORSTAR NEWS SERVICE

▶ David Chen, right, and his lawyer, Peter Lindsay, outside of Old City Hall yesterday.

LACK OF TRANSLATOR CAUSES DELAY IN SHOPKEEPER'S TRIAL

The trial of a Toronto shopkeeper charged with tying up and detaining a man who stole from his store has been delayed.

David Chen is charged with forcible confinement and assault after making what he called a citizen's arrest.

The case was to have started yesterday, but has been rescheduled to tomorrow because no interpreter was available.

Chen's problems started when a thief stole $60 worth of flowers from his shop, the Lucky Moose Food Mart in Chinatown.

When the man showed up at his store again an hour later, Chen allegedly chased him down, tied him up and put him in a van to await police.

The thief has admitted to taking the plants, but Chen was charged because under the Criminal Code, a person must find someone in the act of committing a crime for a citizen's arrest to be legal. THE CANADIAN PRESS

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*Base MSRP of a new and unregistered 2011 Jetta Sedan 2.0L base model with 5-speed manual transmission is $15,875. $1,365 freight and PDI, $29 EHF (tires), $5 OMVIC fee, up to $499 dealer administrative fee, license, insurance, registration, options and applicable taxes are extra. Dealer may sell for less. 2011 Jetta Sportline 2.5L base model with manual transmission as shown is $25,298. Model may not be exactly as shown. Dealer order/trade may be necessary. **Limited time lease offer available through Volkswagen Finance, on approved credit, based on a new and unregistered 2011 Jetta Sedan 2.0L Trendline+ with 5-speed manual transmission. Dealer may lease for less. $1,365 freight and PDI included in monthly payment. 48-month term. $1,057 down payment or equivalent trade-in, $250 security deposit, $100 air conditioning levy, $29 EHF (tires), $5 OMVIC fee, up to $499 dealer administrative fee and first monthly payment due at lease inception. License, insurance, registration, options and applicable taxes are extra. Total lease obligation: $11,538. 64,000 kilometre allowance; charge of $0.15/km for excess kilometres. Offer ends December 31, 2010 and is subject to change or cancellation without notice. Dealer order/trade may be necessary. †Whichever occurs first. ††Based on a comparison of other 2010 and 2011 models available at the time of publication, in the compact sedan class. ‡15.5 cubic feet (0.438 m^3) of trunk space gets even bigger when you fold down the 60/40 split rear seats. ‡‡There's more than 3 feet (96.7 cm) in total. It's not only more than all the competition, it's more than many larger sedans as well. Visit vw.ca or your Volkswagen dealer for details. "Volkswagen", the Volkswagen logo, "TDI Clean Diesel" and "Jetta" are registered trademarks of Volkswagen AG. "Das Auto & Design" is a trademark of Volkswagen AG. © 2010 Volkswagen Canada.

Reason for attack unknown

A Greyhound bus driver's quick action prevented a crash on Highway 400 in Barrie.

A male passenger attacked the driver as the bus was driving in the southbound lanes of Highway 400 at Essa Road on Sunday morning while en route to Toronto.

For unknown reasons, the man grabbed the driver, who slammed on the brakes, causing the man to hit the front windshield.

The driver opened the bus door and with help from other passengers, pushed the man out of the bus and locked the door.

Police found the suspect hiding in the grass and arrested him.

THE CANADIAN PRESS

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Downtown. Protest

▶Beerbistro owner and chef Brian Morin is confronted by protesters as he hands out beef burgers yesterday.

NATHAN DENETTE/THE CANADIAN PRESS

Protest over horse meat

The Beerbistro recently took the sale of horse meat off their menu as some people were upset. Horse lovers held several demonstrations across Canada yesterday. They called for support of a private member's bill that would ban the slaughter of horses for human consumption.

PETA lauds St. Lawrence Market

Downtown centre recognized for ban on glue traps inside building

An organization whose main tenet is "animals are not ours to eat" has recognized the St. Lawrence Market for its compassion toward animals, but meat eaters need not worry: bacon-wrapped filet mignon, fresh Italian sausages and milk-fed veal are still on the market's menu.

People for the Ethical Treatment of Animals has handed out the award in recognition of a different doctrine, "animals are not ours to abuse in any way," after the market banned the use of glue traps.

PETA is opposed to all lethal traps, and instead encourages home and business owners to seal up the cracks that small animals use to get inside. However, a St. Lawrence Market butcher shop owner, who asked not to be named, said that method is not practical in such an old building. The sticky plastic traps were replaced by mechanical traps in September, after PETA contacted the market with the request a couple of weeks ago, said Kristin DeJournett, senior cruelty case worker with the U.S.-based animal rights organization. "That's why they're so deserving of the award; we didn't have to do anything to convince them that glue traps were cruel," DeJournett said.

When an animal gets caught in a glue trap, it can rip its flesh and even break its bones as it struggles to get free, said DeJournett.

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Lebanon. Trip

▶ A Lebanese worker washes a portrait of Iranian President Mahmoud Ahmadinejad yesterday in south Lebanon.

MOHAMMED ZAATARI/THE ASSOCIATED PRESS

Iranian president to visit Lebanon

Iranian President Mahmoud Ahmadinejad's three-day visit to Lebanon begins Oct. 13. It is still not clear if Ahmadinejad will tour border areas with Israel.

$90M federal cyber security plan revealed

A 24-hour-a-day Information Protection Centre to fight hackers to the tune of $3.5 million is included

The federal government has launched a major effort to make the Internet safer.

Under the measures announced yesterday, Ottawa is investing $3.5 million in a 24-hour-a-day Information Protection Centre to combat hackers and cyber attacks.

Natural Resources Minister Christian Paradis said the program will help defend vital systems, such as those protecting energy infrastructure, as well as help Canadians shield personal information online.

Public Safety Minister Vic Toews said cyberspace — and its accompanying threats — are constantly evolving. "It's time to take protection of Canada's cyberspace to the next level," Toews said.

THE CANADIAN PRESS

Mandate

- It aims to secure federal computer systems and join other governments and industry to "ensure systems vital to Canadian security, economic prosperity and quality of life are protected."
- It will boost awareness to help Canadians keep personal information secure.

Find common ground, UN climate chief says

The UN climate chief urged countries yesterday to search faster for common ground on battling climate change so that a year-end meeting in Mexico can produce results in that fight.

Christiana Figueres told 3,000 delegates in China — the last negotiations before Cancun — that countries must identify achievable goals ahead of December's conference so progress can be made toward a global climate treaty.

With a binding global deal largely out of reach for this year, negotiators in Tianjin will focus on smaller initiatives that can lay the foundation for a legal framework that could be approved later, possibly in South Africa in 2011.

The scaled-down ambitions are largely due to the collapse of climate talks in Copenhagen last year, when political leaders failed to produce a global and legally binding treaty on curbing the greenhouse gases that cause global warming. Instead, nations agreed to a non-binding political declaration on fighting climate change.

Expectations still are small because countries remain deadlocked over the same issues. Distrust has only deepened between industrialized and developing countries over how to cut greenhouse gas emissions. THE ASSOCIATED PRESS

FIGUERESONLINE.COM

▶ Christiana Figueres

Establish trust

Ultimately, if talks in Cancun fail to produce concrete results, the entire UN process could be in jeopardy, a negotiator with the European Commission said.

- Much of what needs to happen in Tianjin is the less tangible task of restoring trust and some momentum in order to "set the stage for what's realistically possible in Cancun," said Jake Schmidt, international climate policy director for the U.S.-based Natural Resources Defence Council.
- The key pieces will be financing and transparency, he said. At Copenhagen, rich countries had pledged to give $30 billion over three years in climate funding to poor nations, rising to a total of $100 billion dollars annually by 2020, but little money has materialized.

States sue credit card companies

Washington and a number of state attorneys general are suing the big credit card companies for alleged anti-competitive practices.

The lawsuit accuses the companies of impeding merchants from promoting the use of competing credit or charge cards with lower acceptance fees.

Meanwhile, the U.S. Justice Department has filed a proposed settlement with Visa and MasterCard, but details have not yet been disclosed.

THE ASSOCIATED PRESS

Ontario farmland values up

The average value of farmland in Ontario increased by 4.3 per cent in the first half of this year.

Gains of 3.3 per cent and 2.8 per cent were reported in the two previous periods.

The Farm Credit Canada Farmland Values Report shows the values are the highest in the country.

The values have been rising since 1993 and rose by an average of 0.5 per cent per month during the two last reporting periods.

THE CANADIAN PRESS

Facebook accused examined

A Montreal man arrested over the weekend for allegedly uttering death threats on Facebook is undergoing a quick psychological evaluation.

Police received a tip that someone using the moniker "David Darkiller" had written threatening messages on Facebook last Friday to the man's friends and family.

His parents have said it's all a misunderstanding and their son was merely playing games on his computer. THE CANADIAN PRESS

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Husband of police chief pleads guilty

Admitted to beating his wife in a jealous rage and breaking her arm

The husband of an eastern Ontario police chief admitted yesterday to beating his wife and breaking her arm in a jealous rage over "unfounded" suspicions she was cheating on him with the mayor.

David McMullan, in an agreed statement of fact, said it was "irrational" for him to think his wife, Belleville police Chief Cory McMullan, was having an affair.

As he left the court, McMullan said he was "ashamed" and "sorry" for what he had done.

McMullan also signalled at the time that she would remain in her post as police chief.

THE CANADIAN PRESS

Too much work

- Court heard that McMullan — a retired Peterborough-Lakefield police constable — was angry with his wife over the amount of time she was spending on her duties as police chief.
- They got into an argument Aug. 6 and she left. Later, an enraged McMullan saw his wife sitting in a car with Mayor Neil Ellis.
- Court heard McMullan brutally beat her outside a mall and at the family's home in east-end Belleville, breaking her arm.

Sarnia. Solar power

▶ Denis Van Decker, of Sarnia-Lampton Economic Partnership, photographs a solar panel.

DAVE CHIDLEY/THE CANADIAN PRESS

Largest site in the world

Enbridge Inc. and First Solar, Inc. held a grand opening celebration in Sarnia yesterday for the completion of the Sarnia Solar Project, the largest operation photovoltaic facility in the world. The 950-acre site has a peak capacity of 80 megawatts of power.

Uncertainty ahead, Jim Flaherty says

SEAN KILPATRICK/THE CANADIAN PRESS

Finance Minister Jim Flaherty says expectations for Canada's economy need to be dialled down as the world struggles to its feet after a major downturn.

Flaherty said the "boom times" of the last decade are over and now is a time of modest growth and high uncertainty.

The finance minister sees silver lining in the "significant growth" of developing countries such as China and India.

THE CANADIAN PRESS

"Our concern is always ensuring that the housing market does not overheat ..."
FINANCE MINISTER JIM FLAHERTY

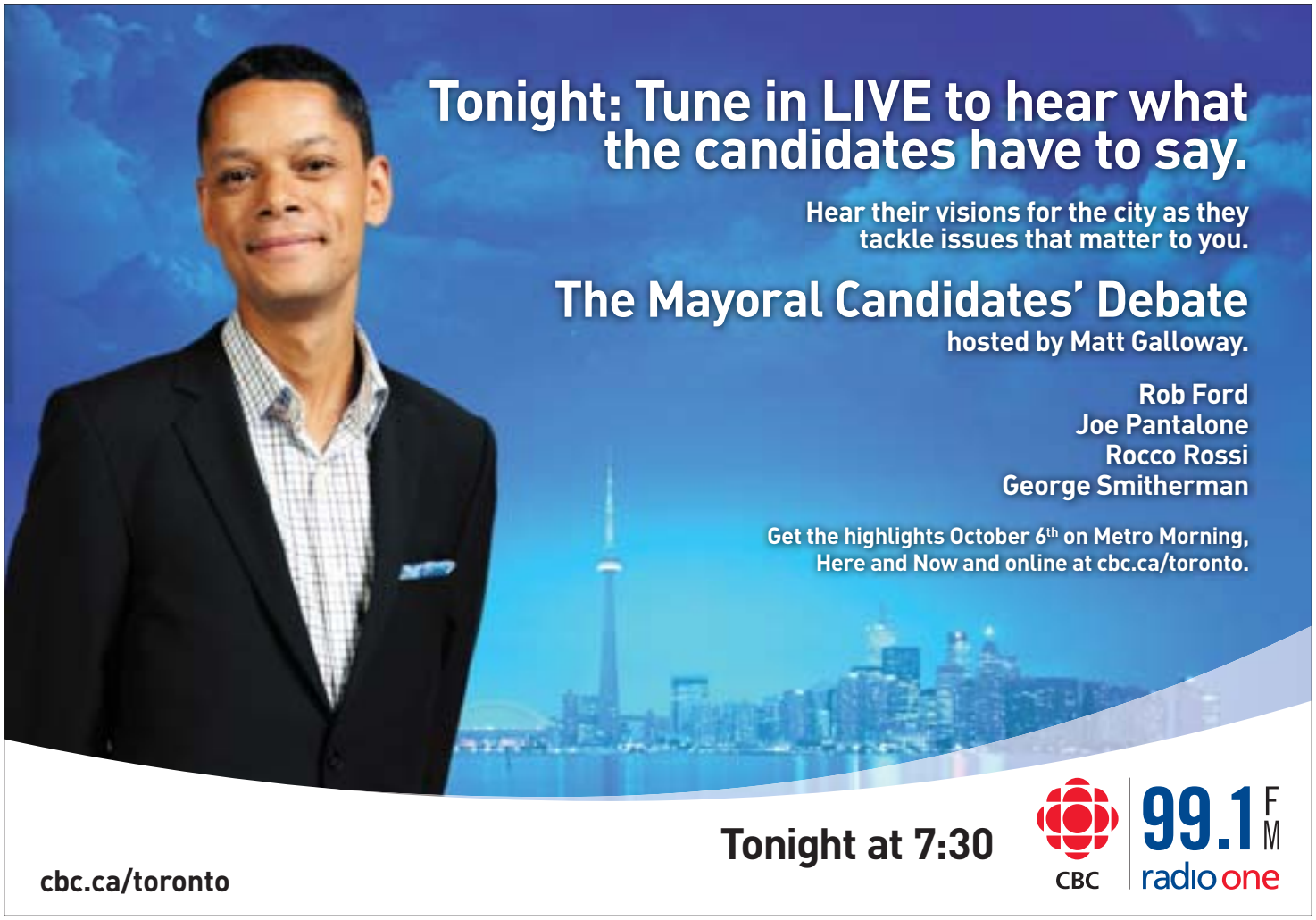
Audit luge track: Coroner

The B.C. coroner says an independent safety audit of the Whistler luge track is needed in the wake of the death of a Georgian athlete on the opening day of the 2010 Winter Games.

The coroner found Olympic and luge federation authorities took all the precautions known to be necessary at the time of the Games.

But the coroner said it wasn't good enough to prevent the horrifying death of the relatively inexperienced Nodar Kumaritashvili, so more scrutiny is needed. The coroner concluded Kumaritashvili died instantly.

THE CANADIAN PRESS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REMY DE LA MAUVINIERE/THE ASSOCIATED PRESS

▶ Soldiers prepare yesterday to patrol at Roissy Charles de Gaulle airport.

European travel advisories grow

Intelligence bulletin says al-Qaida also continues to want to attack the United States

Japan and Sweden joined the U.S. and Britain on yesterday in warning citizens about travelling in Europe because of concerns about a terror attack. Pakistani intelligence officials said five German militants were believed killed in an American missile strike close to the Afghan border.

Two officials said the victims were believed to be German citizens in the region for terrorist training. A third said they were believed to be foreigners, but gave no details.

The officials spoke anonymously because their agency does not permit operatives to be named in the media.

The travel advisories from Tokyo and Stockholm came as European authorities sought to calibrate their messages on counterterrorism efforts, hoping to raise public awareness about the threat.

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News in brief

Tentative deal in strike

SUDBURY. The Northern Ontario School of Medicine and its 152 striking support workers in Sudbury and Thunder Bay have reached a tentative agreement. The two sides met for settlement talks over the weekend and reached the deal for the office, clerical, technical and administrative workers. The most recent negotiations did not include the help of a provincial mediator.

THE CANADIAN PRESS

District attorney quits

WISCONSIN. An embattled prosecutor who tried to spark an affair with a domestic violence victim resigned in disgrace yesterday. Calumet County District Attorney Ken Kratz said in a statement to the media that he has lost the confidence of the people he represents, "primarily due to personal issues which have now affected my professional career." Kratz said he is receiving treatment for "these conditions" outside Wisconsin, but did not elaborate. He said he hopes to repair his reputation and practice law in the future. He also apologized to his family for the "embarrassment and shame" he has caused them.

THE ASSOCIATED PRESS

King pumpkin crowned

WINDSOR. A gargantuan gourd tipping the scales at 644 kilograms has won a giant pumpkin weigh-off in Nova Scotia.

The winner of the competition was grown by Jeff Reid of Waterville, N.S. Second place belonged to Prince Edward Island's Clifford Picketts, whose entry weighed in at 598 kilograms. Gerrard Ansems of Kentville, N.S., came in third with a pumpkin weighing 553 kilograms.

THE CANADIAN PRESS

London hit with subway strike

Tube workers walk off job for one day, wreaking havoc on one of the world's largest rapid transit systems

By foot, bike and devious new routes, London commuters scrambled to get to work yesterday during a one-day strike by the city's subway workers. At least it wasn't raining very hard.

Thousands of maintenance workers, drivers and station employees walked off the job Sunday evening for 24 hours to protest 800 planned job cuts, mostly among station staff. It was the second such disruption since September.

Transport for London, which runs the Underground — known as the Tube — says there will be no compulsory layoffs.

More than 3.5 million people use the Tube daily.

Officials claimed that they were able to run 30 per cent of normal services, although some lines were shut down and some stations were closed.

Commuters who normally commute by the Tube coped by switching to buses, bikes or just walking. Some found their way to work by improvising new routes on trains and other transport.

The weather helped, as heavy weekend rains gave way to drizzle Monday morning. But many of central London's narrow roads struggled to cope with the increased demand, and traffic all but came to a standstill in the central business district yesterday morning.

THE ASSOCIATED PRESS

SANG TAN/THE ASSOCIATED PRESS

▶ Commuters waiting for buses at Victoria Station in London yesterday were forced to scramble amid a one-day strike by the city's subway workers.

Political act?

Among those expressing outrage over the labour action was London Mayor Boris Johnson.

- Writing in The Daily Telegraph, Johnson said the strike was "a nakedly political act" timed to coincide with the annual conference of the Conservative Party, which leads the coalition government. "It has nothing whatever to do with health and safety — nor have the union leaderships raised any such fears in the course of the negotiations," Johnson wrote.
- The Conservative mayor said London's automated fare system had reduced the need for ticket office staff. Some stations are now selling fewer than 10 tickets an hour, Johnson said.

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Glasgow Travel Nov 8 - Nov 16/ts	$149	+ taxes & fees $436
Vancouver Travel Oct 19/ac	one-way $175	+ taxes & fees $86
New York Travel Oct 27 - Nov 3/la	$196	+ taxes & fees $106
Paris Travel Oct 9 - Oct 22/ts	$244	+ taxes & fees $363
Amsterdam Travel Oct 18 - Oct 31/ts	$249	+ taxes & fees $336
San Juan Travel Nov 1 - Nov 10/ua	$419	+ taxes & fees $131
Athens Travel Oct 17 - Oct 25/ts	$599	+ taxes & fees $357
Tel Aviv Travel Nov 14 - Nov 23/dl	$729	+ taxes & fees $370
Sao Paulo Travel Nov 16 - Nov 24/ua	$749	+ taxes & fees $220
Sydney Travel Nov 10 - Nov 24/qf	$999	+ taxes & fees $441

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Villas Sol Hotel + taxes & fees $219
Departs Nov 1/swg/wg. UPGRADE to 4-star Barcelo Langosta Beach for $19 per night.

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1030 Sheppard Ave W, Unit 3
6026 Yonge St
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Markham
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2375 Eglinton Ave E
1885 Kennedy Rd
4320 Kingston Rd
2131 Lawrence Ave E

Dirty talk: Sex lives of Americans exposed

Major changes since last wide-ranging survey include spread of STDs, types of sex education available to youth, advent of same-sex marriage

The male-female orgasm gap. An intriguing breakdown of condom usage rates, by age and ethnicity, with teens emerging as more safe-sex-conscious than boomers.

That's just a tiny sampling of the data unveiled yesterday in what the researchers say is the largest, most comprehensive national survey of Americans' sexual behaviour since 1994.

Filling 130 pages of a special issue of the Journal of Sexual Medicine, the study offers detailed findings on how often Americans have sex, with whom and how they respond. In all, 5,865 people, ranging in age from 14 to 94, participated in the survey.

The researchers said they were struck by the variety of ways in which the subjects engaged in sex — 41 different combinations of sexual acts were tallied, encompassing vaginal and anal intercourse, oral sex, and partnered masturbation.

"What these data say is, 'This is normal — everything in there is normal.'"
DR. DENNIS FORTENBERRY, LEAD AUTHOR OF STUDY'S SECTION ABOUT TEEN SEX

Men are more likely to experience orgasm when vaginal intercourse is involved, while women are more likely to reach orgasm when they engage in variety of acts, including oral sex, said researcher Debra Herbenick, lead author of the section about women's sex lives.

She noted there was a gap in perceptions — 85 per cent of the men said their latest sexual partner had an orgasm, while only 64 per cent of the women reported having an orgasm in their most recent sexual event.

Among the findings was a high rate of condom usage among 14- to 17-year-olds. Of the surveyed boys who had sexual intercourse, 79 per cent reported using a condom on the most recent occasion, compared to 25 per cent for all the men in the survey.

However, the sample size for that particular question was small, involving only 57 teens in the 14-to-17 age range.

The lowest condom usage rates were for men older than 50.

THE ASSOCIATED PRESS

BOB CHILD/THE ASSOCIATED PRESS

▶ In this 2005 file photo, student Marissa Manzi wears a condom costume at an AIDS Awareness Day rally in Hartford, Conn.

BERTIL ERICSON/THE ASSOCIATED PRESS

▶ Several thousand people demonstrate yesterday against racism in Parliament Square in Stockholm.

FAR RIGHT SPURS PROTESTS AGAINST RACISM IN SWEDEN

Thousands of people protested against racism yesterday in a demonstration aimed at a far-right party that has entered the Swedish Parliament for the first time.

The demonstrators marched peacefully toward the parliament building yesterday.

Similar but smaller protests were held in major cities across the Scandinavian country.

The far-right Sweden Democrats won 20 seats in the 349-member parliament in a Sept. 19 election. The party demands sharp cuts in immigration, and has called Islam the greatest foreign threat since the Second World War.

Lawmakers re-elected Per Westerberg as parliament speaker yesterday, a day before Prime Minister Fredrik Reinfeldt was set to present his new minority government.

THE ASSOCIATED PRESS

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Nominee mum on info

Made comments on China

Republican Senate nominee Christine O'Donnell said in a 2006 debate that China was plotting to take over the United States and claimed to have classified information about the country that she could not divulge.

O'Donnell's comments came as she and two other Republican candidates debated U.S. policy on China during the state of Delaware's 2006 Senate primary election, which

"There's much I want to say. I wish I wasn't privy to some of the classified information that I am privy to."
REPUBLICAN SENATE NOMINEE CHRISTINE O'DONNELL

O'Donnell ultimately lost.

O'Donnell rode the backing of the ultraconservative tea party movement to a surprise victory in Delaware's Senate primary last month. Her win over longtime Republican officeholder Michael Castle turned her from a political footnote into a national figure whose words drew interest outside of her tiny state. In the 2006 debate, she said China had a "carefully thought out and strategic plan to take over America" and accused one opponent of appeasement for suggesting the two countries were dependent.

THE ASSOCIATED PRESS

THE ASSOCIATED PRESS FILE

▶ O'Donnell

Pakistan. Floods

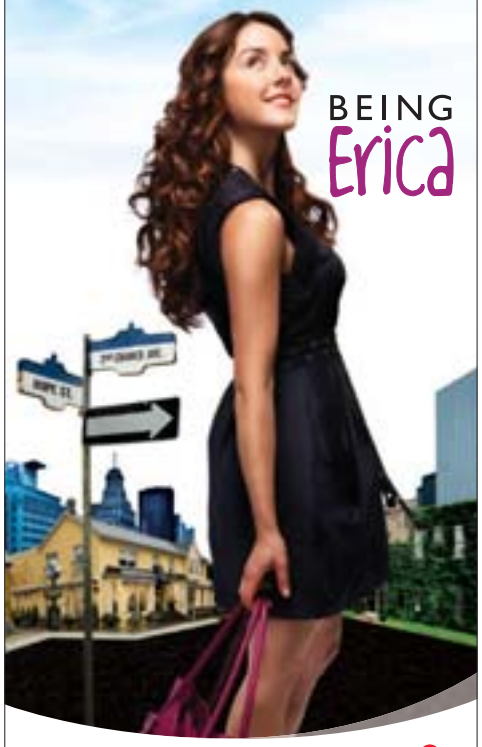
▶ A girl sits in a camp run by the Pakistan Army for people displaced by floods in Sukkur, Pakistan, late last month.

AARON FAVILA/THE ASSOCIATED PRESS

Millions still homeless

About eight million people remain homeless following the country's worst flooding in living memory, many staying in hundreds of relief camps that have sprung up to house them.

Catch a sneak peek of tonight's episode at cbc.ca/beingerica



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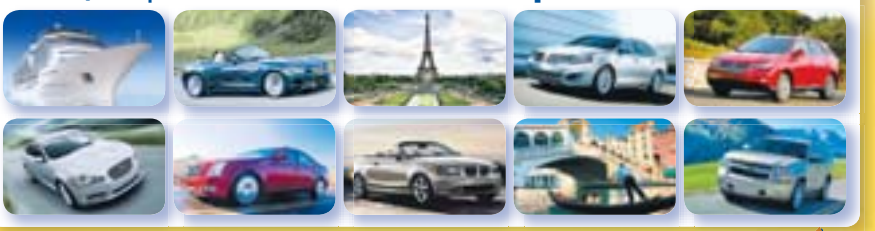

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SECOND CUP

PM called on to extend Afghanistan mission

Families of fallen soldiers urge Prime Minister Stephen Harper to extend combat mission while visiting NATO's main base in Kandahar

JONATHAN MONTPETIT/THE CANADIAN PRESS

▶ Misty Lyttle pays tribute to her brother, Sapper Steven Marshall, killed in Afghanistan in 2009, at the cenotaph at Canadian military headquarters yesterday in Kandahar.

A small group of grieving family members issued an emotional appeal from Canada's war zone yesterday as they urged Prime Minister Stephen Harper to reconsider ending the combat mission in Afghanistan next year.

The country still needs our help, relatives of slain Canadian soldiers said as they wrapped up a visit to NATO's main base in Kandahar province with an emotional memorial service at the cenotaph that pays tribute to Canada's war dead.

Frederick McKay, whose son Pte. Kevin McKay was killed earlier this year, took issue with those who claim victory is impossible.

Canadian troops are winning small battles, like allowing children to go to school, he said. Those victories will likely come to an end if the troop withdrawal goes ahead as planned next summer.

"Over the course of the years to come, all these small victories will make the sacrifices that our guys are making here in Afghanistan worthwhile," McKay said, his wife Elizabeth standing alongside.

"You can't do that if we bring them home."

Canadian troops are doing good work in Afghanistan and it's too early to pull them out, added Ann Bason, whose son Master Cpl. Colin Bason was killed in 2007.

The two families were among seven to take part in the visit to Kandahar, which is organized by the military to allow family members of slain Canadian soldiers to see firsthand the country where their loved ones died.

Harper's government has steadfastly refused to revisit its decision to pull the troops out next year, citing a 2008 parliamentary motion that calls a halt to Canada's combat mission in 2011. Withdrawal is set to begin in July.

But McKay argued the country's politicians are looking for something that simply doesn't exist in Afghanistan: A quick fix.

"Those of us in Western civilization want our gratification in nice neat packages, like the end of the Second World War," he said. "We won't have a day of victory in Afghanistan. It's going to take a generation."

THE CANADIAN PRESS

One in five Afghan prisoners reported some form of abuse. Scan code for story.

Emails suggest more were censoring

Two other members of cabinet minister Christian Paradis' political staff were involved in gatekeeping the release of Access to Information documents, internal emails suggest.

Last week, Sebastien Togneri one resigned after The Canadian Press reported he intervened on four occasions in the release of government records. Two policy advisers — Jillian Andrews and Marc Toupin — appear in emails between Togneri and bureaucrats that were recently delivered to a House of Commons committee.

It is common practice for ministerial staff to receive notification of the pending release of access to information requests but political staff do not have the delegated authority to make access to information decisions, said Liberal MP Wayne Easter.

THE CANADIAN PRESS

Hungary. Sea of red

▶ Local residents are rescued yesterday by excavators in Devecser, 164 kilometres southwest of Budapest, Hungary.

LAJOS NAGY/THE ASSOCIATED PRESS

Toxic sludge flooding Hungarian towns

Rescue services say the reservoir of an alumina plant in western Hungary burst, flooding several towns with red sludge. One person has died, three are missing and several dozen have been injured. The National Disaster Management Directorate says the sludge, a waste product in aluminum production, contains heavy metals and is toxic if ingested.

IVF developer wins Nobel Prize

Robert Edwards recognized for work started in the 1950s

Controversy

- The Vatican is opposed to IVF because it involves separating conception from the "conjugal act" — sexual intercourse between a husband and wife — and often results in the destruction of eggs that are taken from a woman but not used.

Robert Edwards of Britain won the 2010 Nobel Prize in medicine yesterday for developing in vitro fertilization, a breakthrough that has helped millions of infertile couples have children but also ignited an enduring controversy with religious groups.

Edwards, an 85-year-old professor emeritus at the University of Cambridge, started working on IVF as early as the 1950s. He developed the technique — in which eggs are removed from a woman, fertilized outside her body and then implanted into the womb — together with British gynecologist surgeon Patrick Steptoe, who died in 1988.

On July 25, 1978, Louise Brown in Britain became the first baby born through the groundbreaking procedure, marking a revolution in fertility treatment.

Since then, some 4 million people have been born using the technique — a rate that is up to about 300,000 babies worldwide a year, according to the European Society of Human Reproduction and Embryology. THE ASSOCIATED PRESS

▶ A picture of Robert Edwards of Britain is projected behind Christer Hoog of the Karolinska Institute as Hoog announces that Edwards wins the 2010 Nobel Prize in medicine or physiology yesterday in Stockholm, Sweden.

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INSURANCE

Ontario teachers sell GCAN

The parent company of Royal & Sun Alliance is expanding its presence in the Canadian commercial insurance sector through the $420-million acquisition of GCAN Insurance from the Ontario Teachers' Pension Plan Board.

GCAN will join other members of the RSA group, which includes Royal & Sun Alliance, Quebec Assurance Company, Western Assurance Company and Roins Financial Services Ltd.

The addition of GCAN, which is subject to regulatory approval, will make RSA Canada the country's fourth-largest general insurance company, according to Rowan Saunders, RSA Canada's president and chief executive. THE CANADIAN PRESS

Retailers call out for reinforcements

RENE JOHNSTON/TORSTAR NEWS SERVICE

▶ In this 2003 file photo, shoppers search for Boxing Day bargains at a Future Shop in Mississauga. For this year's holiday shopping season, the electronics retailer has announced plans to hire more than 4,000 seasonal employees across Canada.

◗ Future Shop to hire more than 4,000 seasonal workers ◗ Toys R Us to double U.S. workforce

Electronics retailer Future Shop says it plans to hire more than 4,000 seasonal employees across Canada for the holiday shopping season.

The move will beef up its workforce by more than 40 per cent during one of the busiest times of the year.

The company said it will turn to social networking platforms like Facebook and Twitter in hopes to attract tech-savvy staff members for its 146 stores across the country.

The announcement follows an even bigger hiring spree by retailer Toys R Us in the United States.

Last week, the company said it will hire 45,000 employees to help with the holiday season, doubling its U.S. workforce.

Toys R Us is looking to fill positions at its 600 smaller stores located in malls and shopping centres.

Those "pop-up" stores are called Toys R Us Express. THE CANADIAN PRESS

Airline adds Asian partner

WestJet Airlines Ltd. has landed a deal that will bring Asian travellers into its network through a pact with Cathay Pacific, but an analyst said yesterday even greater potential may be found closer to home. "If you think about Asian traffic into North America relative to other opportunities, it's probably important, but not the most critical," said David Tyerman with Cannacord Genuity.

"The most critical (air traffic) would likely be out of the U.S."
DAVID TYERMAN, CANNACORD GENUITY

An agreement with Southwest Airlines fell through earlier this year, but Tyerman said there are plenty of other U.S. partners WestJet can approach. THE CANADIAN PRESS

Timmy's adding more Esso locations

Tim Hortons is giving Canadians more opportunity to grab a double-double and a doughnut while they fill their gas tanks under a new agreement with Esso.

The coffee and doughnut chain said it has signed a deal with Imperial Oil to add another 175 locations at its Esso gas stations over the next 10 years.

The agreement adds to a long-standing relationship between the companies. THE CANADIAN PRESS

1994 Tim Hortons opened its first coffee kiosk at an Esso station in 1994 and has grown to more than 350 Esso locations since then.

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Policyholders vindicated by $300 payout

Great-West Life ordered to pay policyholders $455.7M for transfering money to finance a 1997 takeover

After 12 years of fighting Great-West Lifeco Inc., Bill Rudd feels vindicated that an Ontario court has awarded payouts to nearly two million Canadians to settle a class-action lawsuit over the financing of an acquisition that dipped into policyholders' funds.

"I'm 80 now, I started this when I was in my 60s," said Rudd, a small shareholder and participating policyholder in London Life Insurance Co. and the lead plaintiff in a class-action case against Great-West Lifeco and its subsidiaries for violating the Insurance Companies Act.

A $455.7-million settlement is set to be distributed amongst 1.8 million Canadians after a judge in London, Ont., ruled Friday that Great-West breached sections of the Insurance Companies Act when it transferred money from the accounts of subsidiaries London Life and Great-West Life Assurance Co. to finance the 1997 takeover of London Insurance Group.

$300
Depending on the type of policy and how much was invested, the amount each policyholder receives could vary from as little as $50 to as much as $6000, but the average will be about $300 each, according to an anonymous source.

Rudd led the case on behalf of policyholders after reviewing London Life's 1997 annual report and noticing the company had transferred $180 million from participating policyholders to help fund the buyout.

Great-West Life has said it will appeal the decision and several aspects of the decision are "in error."

THE CANADIAN PRESS

PotashCorp. Bid

▶ PotashCorp has said BHP's $130-per-share US bid undervalues the company.

BUSINESS

BHP bid would cut revenue: Report

A report on BHP Billiton's hostile bid for PotashCorp says the takeover could reduce Saskatchewan's revenues by $2 billion over the next 10 years. The report says a successful takeover would likely have little or no net effect on employment.

Loblaw workers vote on deal

Some 30,000 workers at supermarkets under various banners operated by Loblaw Companies Ltd. are voting this week on a tentative contract with Canada's largest grocer.

Details of the agreement, reached on the weekend, are not expected to be released until completion of the ratification vote, which runs through tomorrow.

The proposed contract covers workers represented by three locals of the United Food and Commercial Workers union at Loblaws, Zehrs, Real Canadian Superstores, Great Food stores and Fortinos throughout Ontario.

THE CANADIAN PRESS

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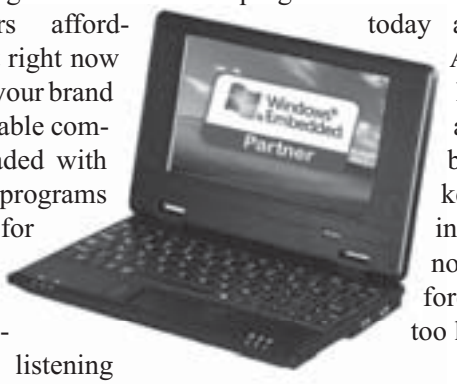

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DOGS AREN'T EVERYONE'S BEST FRIEND

She says ...

JESSICA NAPIER

Telling someone you're "not a dog person" is like announcing you don't like babies, or sunflowers or snickerdoodle ice cream. People look at you like you need to spend a week at re-education camp.

I know. I don't like dogs and I'm not feelin' the love. Since I've never actually had a dog, people like to inform me that I just don't get it.

Dog lovers are a cliquey bunch and I've never felt like I belong. As an outsider looking in it just seems like a strange sort of thing to become so emotionally involved with. I wouldn't tolerate a loud, messy, needy man in my life so how could I justify committing to a pet with the same character traits?

I recognize the many virtuous qualities of these domesticated beasts. They hold a very important place in our society as both service animals and loyal companions. I don't hate dogs, but I'm also not particularly interested in being around them. Dogs might be man's best friend, but they're certainly not mine.

I don't talk openly about my affliction. And for good reason. Devoted dog people tend to assume that everyone will worship their beloved pet as much as they do. Even when I offer many valid reasons for feeling uncomfortable around these animals (mild allergies, a distaste for dog hair on black clothes, and a little bit of genuine fear), a dog owner will inevitably form the conclusion that their precious pooch is different and special enough to sway my opinion.

"Please understand it is not adorable when your slobbering 70-pound canine corners me in an elevator. And assuring me with the phrase, 'Oh, don't worry, he's very friendly,' doesn't make me feel any better while I desperately fend off his unwelcome advances."

Furthermore, they often believe that anything their dog decides to do is not only completely excusable, but is also incredibly endearing.

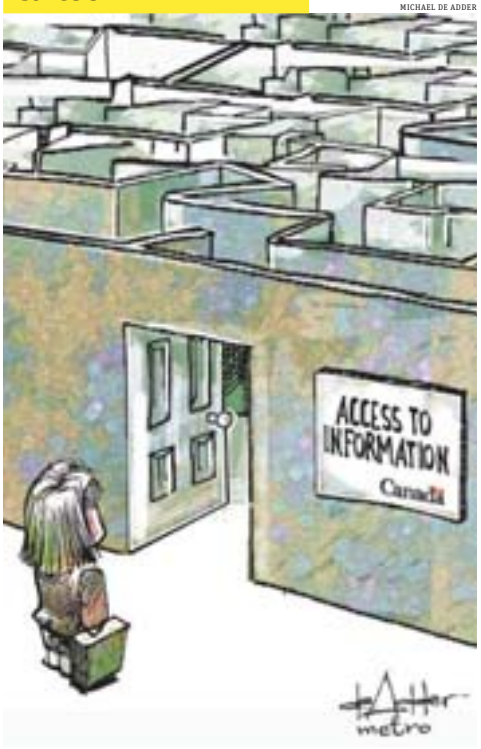
Please understand it is not adorable when your slobbering 70-pound canine corners me in an elevator. And assuring me with the phrase, "Oh, don't worry, he's very friendly," doesn't make me feel any better while I desperately fend off his unwelcome advances.

A dog that spends a minute and a half aggressively sniffing at my crotch is not friendly; it's trying to get to third base.

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER



Capable of much more

Letters & Tweets

We all have our own reasons for loving Toronto. For some, it's the unique character of our neighbourhoods; for others it's our parks and beaches; for still others it's the vibrant nightlife and cultural attractions.

For all of these reasons and more, Toronto has been ranked as one of 21 of the best business, finance and culture centres in the world, and we are No. 1 in this group in livability.

But remaining at the top is not a given.

Our city is becoming divided. Conflict at city hall. Mayoralty candidates that try to win your heart by putting down the competition, not raising good ideas. A growing divide between the downtown and the inner suburbs, the rich and the poor.

The path to a successful future is simple, but not easy.

Investments that made us a leading international city should not be stopped in a fit of anger, panic or misplaced austerity. Investing in public transit, infrastructure and, above all, opportunities for young families and newcomers, will lead to a prosperous future. Anything less is a step in the wrong direction.

RAHUL K. BHARDWAJ, PRESIDENT & CEO, TORONTO COMMUNITY FOUNDATION

Future is at stake

TORSTAR NEWS SERVICE FILE

What would you do to improve Toronto?

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Metro Minute with graffiti artists

Whatever your take on the subject, there's no question the graffiti lining the walls around Keele subway station grabs your eyes — and holds them long past the tunnel.

While illegal tagging is often ugly and gratuitous, the aerosol masterpieces that line the stretch along the Junction have the full permission of the city, and are transforming the artists into local legends. Toronto's own HSA (Humble Servants of Art) has been putting up fresh murals on a regular basis since 1998. Be sure to keep your attention sharp as you never know when a spot of dull brick will suddenly become a living monument to the craft.

JORDANA DIVON

ERIN REECE

▶ For more images of HSA's work, check out its official — yes, official — web page at myspace.com/serveorsuffer.

PROBLEM WITH CONVENTIONAL TANK-TYPE WATER HEATER

Thermal Heat Loss
20-40% of energy consumed by a traditional tank heater is wasted as heat is slowly lost due to radiant heat loss from the storage tank.

Limited Supply
Conventional water heaters frequently run out of hot water after several back-to-back demands and often after only one shower or demand. The user must then wait for a long period of time for the heater to "refresh"

Overheating
To ensure a traditional heater refreshes at a reasonable rate, most heaters are set at very high temperatures (130F+). This wastes energy and increases risk of scalding, especially for children and the elderly.

Hard Water Minerals
Hard water scale forms most readily when water is heated for extended periods. Hard water scale quickly coats the internal components causing a loss of efficiency and shorter life, and often leaks.

Short Life / Disposal
Conventional water heaters typically last from 6 to 12 years in most residential applications. They are bulky and take up a huge amount of landfill space and are costly to recycle.

Bulky Size
Due to their large storage tanks, conventional water heaters are bulky and take up lots of space.

THE TANKLESS WATER HEATER SOLUTION

Reduce water heating costs as much as 50%! - Tankless water heaters heat entirely on demand only when hot water is needed. Since there is no hot water storage, thermal heat loss is almost completely eliminated.
Tankless heaters never run out of hot water - they can literally run all day long if necessary and they will never stop producing hot water since they heat water instantly on demand.
Sophisticated tankless heaters allow you to set the ongoing water temperature to a much more reasonable and safer temperature, closer to the actual temperature you will use the water at, thereby reducing risk of scalding. According to the US. Department of Energy, for each 10F reduction in water temperature, you can save between 3%-5% in energy costs.
Since hot water is not stored, tankless water heaters generally handle hard water minerals and sediments much better than conventional tanks. This makes them far less likely to leak or rupture, and able to maintain efficiency throughout their whole lifecycle. Accordingly, many have much longer warranties.
Tankless water heaters can last more than 20 years.
Tankless water heaters are about the size of a briefcase (electric units) - they save valuable floor space that can be used for storage etc. especially in condos and apartments.

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In brief

Usher and his mother have reconciled, but he still wishes she hadn't boycotted his wedding three years ago. In an interview with Vibe magazine, he says he was "very disappointed" his mother decided not to witness his marriage to his former stylist, Tameka Foster. The two divorced last year. Usher's mother used to manage his career.
THE ASSOCIATED PRESS

Die Hard director gets one year in jail for lying about Hollywood wiretapping case

SUBMITTED

▶ Melissa McCarthy as Deedee and Katherine Heigl as Holly Berenson in the romantic comedy, Life As We Know It, a Warner Bros. Pictures release.

Art imitates life in Heigl's latest flick

Actress co-stars with Josh Duhamel in new romantic comedy ◐ Script hit close to home as she becomes a mom to adopted daughter Naleigh

NED EHRBAR
SCENE@METRONEWS.CA

"You guys don't mind? It's not real," Katherine Heigl says as she brings a pink metal electronic cigarette to her mouth, an LED in the tip glowing blue as she inhales, blue mist escaping as she exhales.

The device is to help kick her smoking habit. "You get your hit of nicotine but you blow out water vapor. You're not inhaling tar, there's no carcinogens. And they say nicotine is no worse for you than coffee. I mean, a few people say that, so I'm going with that."

A new mom to adopted daughter Naleigh, Heigl is keen to quit smoking, just one of the changes she's made since becoming a parent. That change in life made it easy to take on her latest project, Life As We Know It, in which Heigl and co-star Josh Duhamel are thrust into parenthood when their best friends die and leave them custody of their infant daughter.

"I related to the movie because in my own life I was getting ready to become a mom and wanting to start a family, but I didn't expect to be doing both at the same time, so it was interesting and overwhelming for sure," she says.

"I couldn't show up to set with the same kind of focus I had in the past on other projects because I was really distracted," Heigl says. "So what you see in my performance is pretty much who I was at that time and all I had. I gave it all I got, but there wasn't a lot of craft involved at that point. It was just instinct. It was a fascinating psych experiment."

Heigl quoted

Jumping into parenthood requires some thought — but not too much.

▶ "It's one of those things you just have to dive in blind, otherwise you'd never do it. Because it is just so intense. This child is in my care, she's mine. She is my responsibility... I think mothers look at their children like the second coming. You look at them and go, 'They're so smart, they're so beautiful.'"

"PEOPLE WILL BE TALKING ABOUT iD FOR YEARS TO COME. DON'T MISS IT."
– RICHARD OUZOUNIAN, *TORONTO STAR*

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A SPECIAL REPORT PRESENTED BY THE TORONTO COMMUNITY FOUNDATION

TORONTO'S VitalSigns® 2010

TORONTO COMMUNITY FOUNDATION
The Art of Wise Giving™

The Best Charity You've Never Heard Of

From best-kept secret to Outstanding Foundation of the Year

Fraser Deacon was an active Toronto business and community leader with a vision for a strong and vital city. For years, he knew he could not do it alone—it would take engaging many dedicated people and pooling resources of money and time. Finally, in 1981, his vision of a "community foundation" for Toronto became a reality.

Nearly 30 years later, the Toronto Community Foundation is still going strong and, in fact, was recently recognized as the "2010 Outstanding Foundation" by the Association of Fundraising Professionals, Greater Toronto Chapter.

How do you go from best-kept secret to Outstanding Foundation of the Year? "It has a lot to do with our business model," explains Rahul K. Bhardwaj, President and CEO of the Toronto Community Foundation. "We provide a simple way for generous citizens from all walks of life to create the equivalent of their own private foundation in order to support charitable causes important to them while, at the same time, building a better city. We call it 'The Art of Wise Giving.'"

Since its inception in 1981, the Community Foundation has built a strong donor base, reflecting the diversity of the city, and has granted over $70 million to hundreds of charitable organizations and various collaborative initiatives. "The Community Foundation's ability to galvanize the support of its family of donors has been an invaluable and high-impact resource for the city," says Mayor David Miller. "I'm proud that, as Mayor, our partnership with the Community Foundation is strong and continues to flourish."

By creating an endowment fund under the umbrella of the Community Foundation, donors share in a vision for a vital community and benefit from the Community Foundation's extensive community knowledge regarding both the issues and solutions for the city.

"Our ability to generate meaningful impact in our communities would not be possible without the support and trust of our family of fundholders and donors, our many community partners and our volunteer Board and staff." Bhardwaj adds. "This award is very much a team effort."

For more information about the award-winning Toronto Community Foundation, visit www.tcf.ca.

Toronto's Vital Signs®

How is our quality of life?

As an independent public foundation, the Toronto Community Foundation is uniquely positioned to be a catalyst for change in the city. Guided by its Toronto's Vital Signs Report—an annual report highlighting the city's challenges and successes—it recognizes where help is needed and is able to mobilize its donors, community organizations and cross-sector leaders to tackle quality-of-life issues in creative ways

This year's Vital Signs report, like in previous years, outlines the good and the bad.

As most Torontonians know, we are the most diverse city in the world, overflowing with educated talent. However, newcomers find it difficult to have their skills and experience recognized in the workforce. In fact, immigrant status, as well as age and education, are barriers to employment. Education is becoming less accessible with rising tuition rates and often defines those who succeed and those who do not.

This past year, we became a severely unaffordable city, ranked in the bottom quartile out of 272 cities worldwide. In many ways, Toronto has become out of reach for many families who are just getting started. Affordable housing must be a part of the plan for Toronto, so young families can afford to live here.

One in three children are overweight, and more than half of all Torontonians live in "food deserts" – areas with no grocery store within a one kilometre radius, leaving convenience stores and fast food outlets as the only accessible options for those without a car or close to the TTC.

Our neighbourhoods are shifting apart. In 1970, 66% of our neighbourhoods were middle income. Thirty-five years later, only 29% can make this claim. Toronto is at serious risk of becoming divided between the rich and the poor.

Of course, there are many things that Toronto is doing right.

With better funding and infrastructure support, we will continue to attract more talent and investment than many other cities. Because we're focused on reducing water consumption and preserving our greenbelts, we're open to sustainable environmental initiatives.

In uncovering issues, there is the opportunity for discovering solutions. Turn the page to find out how our city is doing and how the Toronto Community Foundation is responding.

Laura Brown

The annual check-up on

A SPECIAL REPORT PRESENTED BY TH

TORONTO'S VitalSigns®

2010 Highlights

Toronto is a city of nearly 2.7 million people. A diverse array of residents, representing more than 200 distinct ethnic origins, calls Toronto "home".

There's no doubt – Toronto is one of the most vibrant cities in the world. We are one of 21 leading centres of business, finance and culture and the leading city in livability. We also rank high on the list with New York, London, Paris, Tokyo, Stockholm, Chicago, Sydney and Singapore in providing a healthy balance of economic competitiveness and quality of life.

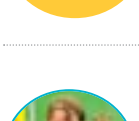
But, we are facing some challenges. Our population is growing slowly. By 2036, there will be two seniors for every youth living in the city.

And although Toronto residents had a lower municipal tax burden in 2009 than several big cities in Ontario, the city is among the world's most expensive, albeit with strong purchasing power.

Toronto's Vital Signs® highlights the issues in the city that require action and provides the Toronto Community Foundation with the knowledge to help guide philanthropy in a effort to make Toronto the best place to live, work, learn and grow.

✗ There's still work to be done

✓ We're making progress



Learning

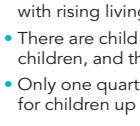
Why it matters:

Successful communities offer residents abundant, affordable and flexible opportunities to learn in formal school settings, at work or online.

Where we're at:

More supports are needed to provide Torontonians with access to educational opportunities throughout life.

- The proportion of the Region's population with post-secondary education rose by more than 50% between 1990 and 2009. ✓
- Tuition costs across Canada rose by 19% between 1997 and 2007. Coupled with rising living costs, post-secondary education is out of reach for many. ✗
- There are child care fee subsidies for less than one in three low-income children, and the number of subsidies has not changed in two years. ✗
- Only one quarter of Toronto schools have before- and after-school programs for children up to age 12 (compared to 33% of schools in all of Ontario). ✗



Arts and Culture

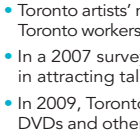
Why it matters:

The arts help fuel innovation and creativity – critical components for a successful city. The arts help us commemorate our past, understand our present, and imagine our future.

Where we're at:

With the highest number of artists in the country, Toronto needs better funding and infrastructure support for its arts and culture sector.

- The City has yet to reach arts and culture spending targets in year seven of its ten-year Culture Plan, currently spending $18.00 per capita - short of the $25 target. ✗
- Toronto artists' median earnings in 2005 were 36% less than that for other Toronto workers, even though half of artists have a bachelor's degree or higher. ✗
- In a 2007 survey, Toronto out performed Boston, Frankfurt, and Washington in attracting talent and investment in digital media. ✓
- In 2009, Toronto Public Library circulation increased by 5% to 31 million books, DVDs and other materials. It was the library's busiest year ever, as residents relied on library services and programs for help in challenging economic times. ✓



Work

Why it matters:

Strong and vibrant cities provide a wide variety of opportunities for secure, well-paid work. Safe, accessible, well-paying jobs will help attract and retain the talent pool we need for our future.

Where we're at:

Unemployment in Toronto is directly related to age, education and immigrant status.

- The unemployment rate doubled (from 15.6% to 30.2%) between 2008 and 2009 for young (15-24 year-old) immigrants living in Toronto between 5 and 10 years. ✗
- For the first time ever, the Toronto Region's unemployment rate in 2009 surpassed Montreal's (9.4% vs. 6.2%). ✗
- The Toronto Region is the location of 25% of Canada's best ranked workplaces. ✓
- 23% of young workers, aged 18-35, cited poor/underfunded transit as one of the worst things about Toronto in a recent poll. For employers, the cost of living/taxes topped the list. ✗

Getting Around

Why it matters:

Traffic volume is vastly outstripping the development of new road and public transit infrastructure. The prosperity of our economy, the health of our environment, and the productivity of our citizens rely on a strong transportation system.

Where we're at:

Toronto needs to fund and build an expanded rapid transit network.

- Weekday vehicle traffic entering the city almost doubled in two decades. Congestion in our Region is now costing the Canadian economy over $5 billion annually. ✗
- TTC reported record ridership in 2009 ✓, but the overcrowded system needs to increase capacity to handle an additional 175 million riders annually by 2021. ✗
- One in two adult Torontonians bike for work, school or recreation ✓; however, improved convenience, safety and accessibility remain challenges. ✗

Getting Started in Toronto

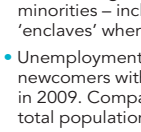
Why it matters:

Many immigrants continue to make Toronto their home, but face challenges in obtaining employment, affordable housing, and strong social supports.

Where we're at:

New immigrants struggle to have their skills and experience valued.

- The 'social geography' of the city is undergoing a major shift, as visible minorities – including recent immigrants – increasingly settle in minority 'enclaves' where a single group is at least twice the size of any other.
- Unemployment more than doubled in the city among 25 - 44 year-old newcomers with college or university credentials from 7.8% in 2008 to 16.2% in 2009. Compare this 107% increase to a 53.8% increase for those in the total population with the same education. ✗
- More than a quarter of employers who responded to a poll named cultural diversity as one of Toronto's best qualities. ✓



Health and Wellness

Why it matters:

Lifestyle choices, such as how much we exercise and what we eat, can have a greater effect on our mental and physical health than the availability of doctors or technologies.

Where we're at:

The health of Toronto residents is at risk due to poor diet and lack of physical activity.

- Toronto's leadership in anti-smoking health policies has resulted in a one-third reduction in hospital admissions for cardiovascular and respiratory conditions between 1999 and 2006. ✓
- Less than 15% of Ontario children are physically active; one in three Toronto children is overweight or obese. ✗
- Barely more than a third of teenagers (15-17 year-olds) were eating one daily meal at home with their parents in 2005 – a decline of more than 80% since 1992. ✗

our city's quality of life

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The Art of Wise Giving™

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Environment

Why it matters:

Clean air and water, uncontaminated soil, and green spaces are essential to healthy living. Greening Toronto ensures a healthy city for our children's future.

Where we're at:

A three-pronged approach focused on innovation, policy and behavioural changes is needed to improve our environment.

- By 2004, 12.86% of the city had become a 'heat island', where temperatures are at least 5° above the average for the surrounding area (up from 9.4% in 1985). ✗
- Demand for residential water use has dropped about 13% since 2003. ✓
- Toronto residents live within the largest near-urban greenbelt area (1.8 million acres) on the planet. ✓
- Up to one-third of green house gas emissions is caused by Toronto's reliance on an unsustainable food production system. ✗

Housing

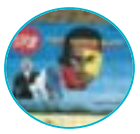
Why it matters:

Housing is a basic human right. However, housing continues to become increasingly difficult to afford for Torontonians.

Where we're at:

Toronto moved from the ranks of the 'seriously' unaffordable to the 'severely' unaffordable housing markets.

- The average Toronto residence cost 4.62 times the median family income in 2008. ✗
- The number of seniors on the waiting list for social housing increased by 20% between 2005 and 2009. ✗
- 3,269 children stayed in Toronto shelters in 2009, a 20% increase in one year. ✗



Safety

Why it matters:

A sense of security and safety affects the quality of life in Toronto and our ability to enjoy life to its fullest. Personal safety determines how Torontonians socialize and participate in their neighbourhoods and city.

Where we're at:

Crime rates are declining but remain a concern of many young Torontonians.

- Criminal offenses in Toronto dropped for the third year in a row. 180,283 offences were reported in 2009 - 14.4% lower than in 2006. ✓
- 13.5% of the total number of Torontonians charged with violent crime in 2009 were youth aged 12-17 years, the lowest percentage since 1998. The 12-year average is 15.31%. ✓
- Police-reported hate/bias crimes increased almost 14% in Toronto in 2009. ✗

Gap Between Rich and Poor

Why it matters:

When there is a large gap between the rich and poor in our community, we are all affected. A large gap can lead to other social problems in our community, like health disparities and crime.

Where we're at:

Toronto's vulnerable families and neighbourhoods are under strain.

- In 2008, 9.5% of children aged 17 and under in the Region lived in poverty, down from 13.8% in 2007 – an even more significant drop from the 2000 level of 17.4%. ✓ However, the percentage of children living in poverty in female lone-parent families was 23.4% in 2008. ✗
- Half of Toronto is a 'food desert' with one in two Torontonians living more than 1 km from the nearest grocery store. Access to healthy food is linked to income, but also to proximity to a grocery store. ✗
- The gap between Toronto's high- and low-income neighbourhoods is deepening. Over a million people live in neighbourhoods in the northwest and northeast that have experienced more than a 20% decline in incomes since 1970, compared to the Regional average. ✗

Leadership, Civic Engagement and Belonging

Why it matters:

Leadership that reflects the city's diversity helps to strengthen a culture of citizen engagement. The more we feel connected to others, the more vibrant and resilient we are individually and collectively.

Where we're at:

Visible minority leadership is still low, particularly in the corporate sector and in mainstream media.

- The second year of a three-year study of diversity in leadership in the GTA shows little change in visible minority leadership, and wide disparities across sectors. More than half of the 3,348 organizations studied have no visible minority representation. ✗
- In 2009, less than 62% of Torontonians felt a strong or somewhat strong sense of belonging to their local community, down from 66% in 2008 and below the 65% national rate. ✗

What can you do?

- **Get involved** in the Toronto Cyclists Union's Ward Advocacy Plan - building cycling advocacy at the local level with 10 ward groups that are actively outlining solutions for their own neighbourhoods.
- **Commit to shifting $10 a week** of your food purchases to local sustainable food. Look for the Local Food Plus sticker on your purchases and check out their Buy to Vote campaign.
- **Share your stories** and get to know your neighbours by being part of a community theatre project hosted by Jumblies Theatre.
- **Install passive cooling measures** around your home to keep your energy use down and reduce the effects of urban heat islands. Learn more from the Clean Air Partnership.
- **Volunteer** with Hospice Toronto to provide culturally sensitive support to seniors in their native language while they are living with a life-threatening illness.
- **Share your professional knowledge** and mentor skilled immigrants to strengthen their job skills for the local market through Skills for Change.
- **Explore** ways to get active in the city with your whole family – participate in the Toronto Tree Tours with LEAF.
- **Attend** Toronto Debates 2010 at the St. Lawrence Centre for the Performing Arts at 7 p.m. on October 7, then go out and vote on October 25!
- **Support youth in need** by getting involved with Peacebuilders International Canada.
- **Donate** to any of the organizations working to make our city the best it can be. Find one that speaks to *you*, on the Community Knowledge Centre.

Check out the **Community Knowledge Centre** at **www.tcf.ca** to learn more about the organizations listed and many others offering innovative solutions to Toronto's pressing issues. Search by organization name, the issue that's important to you in Toronto's Vital Signs®, or even by your neighbourhood.

Photo credits: Learning - Kim Lowes; Arts & Culture - Laura Brown; Work - DiverseCity/Cindy Tan; Getting Around - Laura Brown; Getting Started - Toronto Community Housing; Health & Wellness - Kim Lowes; Environment - LEAF/Kanchan Maharaj; Housing - Laura Brown; Safety - Dixon Hall/Doug Jamieson; Gap Between Rich and Poor - ©iStockphoto.com/Rich Legg; Leadership, Civic Engagement and Belonging - Toronto Public Library

A SPECIAL REPORT PRESENTED BY THE TORONTO COMMUNITY FOUNDATION

TORONTO'S VitalSigns®
TORONTO COMMUNITY FOUNDATION
The Art of Wise Giving™

What now?

A look at some Vital Signs-fuelled initiatives

It's all fine and good when a report is released on the state of a city—but what, then, is anyone prepared to do about it?

Well, if you're the Toronto Community Foundation, you're prepared to do whatever it takes.

The great thing about the Community Foundation is that they're not just one source of funding—they are many. Any Torontonian can, with a minimum donation, set up a fund in their name (or the name of their choice). And you can select where the money goes or let the Community Foundation decide where it is needed most—based on their findings from their Vital Signs Report—it's up to you.

Two recent Community Foundation-spearheaded initiatives include:

• Recipe for Community is a collaborative initiative with residents and other organizations to deepen a community's sense of belonging. This happened last year in Alexandra Park and is now launched in St James Town. Programs include community cooking classes, skills development workshops, employment certification courses, creation of organic gardens and even the publication of a community book, highlighting recipes and stories from this vibrant neighbourhood. The Recipe for Community initiative is a partnership between the City of Toronto Office of Partnerships, Tower Renewal, Toronto Community Housing and Maple Leaf Sports and Entertainment's Team Up Foundation.

• Beyond 3:30, an after-school initiative designed to provide a safe, stimulating place for middle school students in underserved neighbourhoods to gather between the hours of 3:30 and 7:30 p.m. Dance, art, cooking classes, an eco-garden program, book clubs and sports are offered to the youth at no charge. It is a collaborative effort with the TDSB's Model Schools for Inner Cities initiative and the Toronto Foundation for Student Success. More than 30 Toronto Community Foundation fundholders, corporate and community partners, including George Weston Ltd. and Wonder +, Loblaws, Toronto CREW (Commercial Real Estate Women), Indigo Love of Reading Foundation, Gildan, TD and SAP Canada collaborated to bring Beyond 3:30 to life.

"When school finishes at 3:30 is when we worry about our children. Having a safe place for them to go to do both homework and activities at no cost is a dream come true for many families," says Catharina Birchall of the Birchall Family Foundation at the Toronto Community Foundation. "The Community Foundation identified this vital need and helped to make it happen."

Making a Difference at Home

Online tool helps you make your neighbourhood a better place

Making your community the best it can be doesn't just require setting up your own foundation or donating to the Toronto Community Foundation (though it's always appreciated). There are many ways Torontonians can get engaged by learning about, supporting and getting involved with organizations that are working to transform our city for the better.

The Community Foundation, in partnership with IBM, has created an online tool called the Community Knowledge Centre that allows you to search for community programs by neighbourhood, populations served, and even issue areas outlined in the current Toronto's Vital Signs Report.

Asked about the vision for this new project, Rahul K. Bhardwaj, President & CEO of the Toronto Community Foundation explains, "It's a place where community organizations can share their stories—and Torontonians can be inspired to make a difference in their communities."

To search the Community Knowledge Centre for programs in your area, visit www.tcf.ca.

Stephen Weir

DVDs Buy it | Rent it | Borrow it | Yawn | Don't bother

Karate Kid hits, misses

The Karate Kid
Genre: Action
Director: Harald Zwart
Stars: Jackie Chan, Jaden Smith, Taraji P. Henson
½

The millennial reboot of the 1980s fist-waver puts so much more upon the slim shoulders of our teachable victim, now played by Jaden Smith, the 11-year-old son of doting Hollywood parents Will Smith and Jada Pinkett Smith.

So desperate are the Smiths to have Jaden join the family firm, they've shoe-horned him into a role requiring dramatic, comedic and romantic chops that are beyond his slim abilities. He's woefully out of his league filling Ralph Macchio's sneakers. The film indulgently runs 2:20, at least a half hour more than it needs, while delivering less fun and inspiration than before.

Jackie Chan assumes Pat Morita's spry sage of a handyman/teacher, now called Mr. Han, and the casting here is also wrong, but from an opposite direction. The likeable Chan is too qualified for this role since everybody knows he's capable of bringing the pain when the kung-fu (not karate) begins.

Robbed of the original film's surprise reveal of the guru's skills, and the reason for the mysterious repetitive tasks he demands (now it's hanging a coat on a hook, over and over) we know it's just a matter of marking time — lots of it — before the fists and feet start flying.

Director Harald Zwart (The Pink Panther 2) and pen-for-hire Christopher Murphey have barely changed the original screenplay, apart from a trans-global location shift. But this may be a hidden blessing, because the basic story is strong enough to survive even a half-baked remake like this.

PETER HOWELL

Nightmare lacks gore

A Nightmare on Elm Street
Genre: Horror
Director: Samuel Bayer
Stars: Jackie Earle Haley
½

There are a lot of things wrong with this remake of A Nightmare on Elm Street, not least of which is that it was made at all. Greed, not art, inspired the reboot of this still-potent 1980s horror franchise.

My chief complaint is the completely boneheaded decision to give dream-stalking killer Freddy Krueger a back story that 'splains why he's so bad. This new version of Freddy is like a bad actor running around and screaming, "What's my motivation?"

New recruit Jackie Earle Haley, awkwardly fitting into Robert Englund's filthy red-and-green Freddy sweater, floppy hat and scissor hands, obviously doesn't get it.

But then neither do director Samuel Bayer, a videographer-turned-film-maker, and screenwriters Wesley Strick and Eric Heisserer.

What's missing are the scary bits. This is slash-by-numbers Freddy, where the murders of the original film, shocking by 1984 standards, are dutifully and tediously reenacted with a new group of teen victims.

The real puzzle about this still-born Nightmare is its relative restraint.

This new Nightmare could have used CGI to considerably up the film's gore quotient

PETER HOWELL.

Troll 2 makes a comeback

PHIL BROWN
SCENE@METRONEWS.CA

For Michael Stephenson, Troll 2 has grown from an adolescent embarrassment into something he's oddly proud of.

At 11 he landed the lead role in a weird Italian horror film called Goblin. "I thought I was making the next Gremlins," the 32-year-old actor told Metro. "When we finished, I thought in a month or two we'd see it at my local multiplex."

That didn't happen, but a year and a half later he received a VHS copy of the re-titled Troll 2 for Christmas and quickly realized that he hadn't exactly made Gremlins. "I remember my father putting his head in his hands after about 12 seconds and saying, 'Oh Michael, this is a terrible movie.' That's certainly a Christmas morning I'll never forget."

The film played on cable for years, leading to teasing from family and friends with every airing.

Then over the last few years something strange happened. Stephenson started getting emails from fans around the world who loved his terrible movie. Gradually his opinion shifted.

"It's interesting because it's been one of those things that took years to develop," says Stephenson. "One morning I woke up smiling, turned to my wife and said, 'I'm the child star of the worst movie ever made and there's a great story there.'"

Starting that day he embraced the cult status of Troll 2 and started making a documentary about the phenomenon called Best Worst Movie (currently playing in a double bill with Troll 2 across Canada).

"I never liked the movie growing up, but now I'm fond of it," admits Stephenson. "It's very much a part of who I am. I really love what it's become and all the rich experiences in my life that have come from starring in the worst movie ever made."

This might not even be the end of his Troll 2 experience either. The film's confused director, Claudio Fragasso, thinks it's now a hit and is currently writing a script for Troll 2: Part 2.

"He calls me every week and is very committed," laughs Stephenson. "We'll see what happens."

Stephenson went to Italy to interview Fragasso for his documentary. "To see him be so sincere and genuine about his approach was priceless because that is the embodiment of Troll 2," says Stephenson.

"It's 1,000 per cent sincere. There's no irony. There's no winking at the camera. Everybody was really going for it."

Gibson guitars will honour Lennon

The Gibson Guitar factory in Montana is finishing a project to honour what would have been the 70th birthday of Beatles singer and guitarist John Lennon.

Gibson Acoustic's director of sales and marketing, Robi Johns, tells the Bozeman Daily Chronicle that Yoko Ono asked the company to release a limited number of J-160Es — the model of guitar her husband played.

Johns says the company is releasing three models with suggested retail prices of between $4,700 and $15,000.

The company made 70 of the all-white "Imagine" model, and 70 replicas of Lennon's J-160E as it was when he was murdered 20 years ago. On the guitar, Lennon had drawn sketches of himself at Ono.

Five-hundred replicas of an earlier model will also be released Saturday.

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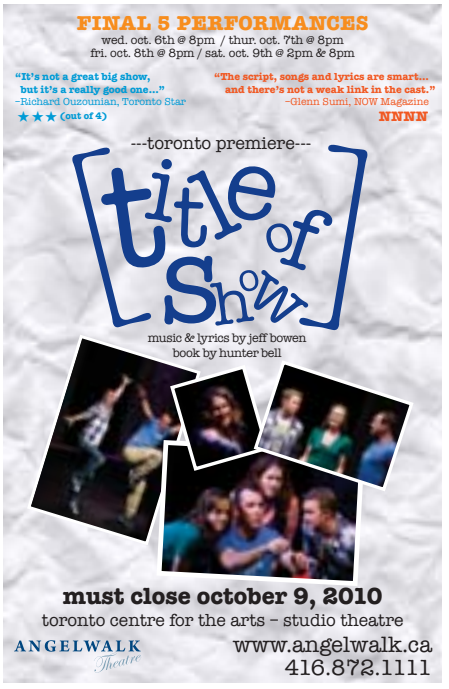
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Looking back on Darkness

Candid footage from the 1970s captures Bruce Stringsteen and his band at a pivotal moment

Bruce Springsteen doesn't imagine his three children, ranging in age from 16 to 20, would be that interested in a new HBO documentary on his 1978 album Darkness on the Edge of Town.

Maybe they will later, since the movie is partly for them.

"Do you really want to watch your dad, watching thousands cheer your parents?" he said. "Nobody wants to see that. Watching people boo your folks, that would be something worth coming to see."

For his fans, the film The Promise: The Making of Darkness on the Edge of Town is an intriguing peek, supplemented with home video from the time, into the creative process of a music legend at a key time in his career. Burdened by a management lawsuit and brooding over newfound fame at age 27, Springsteen and his E Street Band produced a taut treatise on growing into adulthood within a faltering economy. The film debuts Oct. 7 at 9 p.m. ET.

Getting there was anything but easy. Springsteen wrote and discarded far more songs than he used — fans will be able to hear many of them later this fall — as he whittled the band's sound from expansive to lean and made sure the disc hung together creatively.

One night a bleary-eyed Springsteen forced poor Max Weinberg to repeatedly hit his snare drum, searching for a sound he imagined in his head but could never quite get on tape.

"Madness has its rewards — if in the end you don't destroy yourself," Springsteen said.

That may have tortured a few band members but the attitude made him think hard about what he wanted to say and made for well-constructed songs.

"I wanted them to last and they did last," he said. Along with the title cut, the album features Badlands, Prove It All Night and Racing in the Street.

Sheer luck made this video document possible. A friend at the time, Barry Reebo, frequently followed Springsteen and his gang with a video camera, back to when the rocker played small clubs. No one thought twice when Reebo hung around the studio during the Darkness sessions. He didn't use big lights. Sometimes it seems the musicians forgot he was there.

After reforming the E Street Band a decade ago following a hiatus, Springsteen began thinking about video archives of their work, particularly for younger fans who knew nothing of their epic late 1970s performances.

Reebo hadn't sold his footage, and Springsteen was surprised at all he had. He struck a deal, and filmmaker Thom Zinny made The Promise by mixing the old tapes with current recollections from Springsteen and his band.

"We caught the band at a very pivotal moment — immediately post-success, and I'm in the throes of trying to figure out what I'm all about, trying to figure out what that success meant," he said.

THE ASSOCIATED PRESS

Releases

It's a season of Darkness for Springsteen. On Nov. 16, Columbia will release two products centred on the period.

- **New material** One is The Promise, a two-CD set of material recorded then that never made the original 10-song album. It contains 21 songs, including "Fire," which became a hit for the Pointer Sisters
- **DVD package** A more extensive package contains those two CDs, a remastered version of Darkness on the Edge of Town, and three DVDs with the HBO documentary.

▶ Springsteen hopes one day his children will be interested.

"I believed at that time that you had to work hard at something. I didn't trust anything that came too easily."
BRUCE SPRINGSTEEN

TV weirdness returns

With three Gemini Award nominations, YTV's sketch comedy is back for another strange season

Which age group is the most elusive target for TV networks?

Most would say it is youth or tweens; young people in the 10-to-16 age range.

They're too old for iCarly or Hannah Montana, too young for 30 Rock or Saturday Night Live.

Last season, YTV built a bridge to that group with "a made in Canada sketch comedy aimed at kids who grew up with SpongeBob and moved on to The Simpsons.

Shot in a converted Toronto school gymnasium, That's So Weird and its seven-member troupe quickly found a following with their parodies of films, TV shows and commercials, including spots for various outrageous "Jamco" products.

The seven performers are all back for the second season, which premieres Oct. 6 at 6:30 p.m. ET on YTV.

Hailing from across Canada and ranging in age from 19 to 27, this season they'll be seen in Glost, a parody of Glee and Lost which finds a glee club marooned on a mysterious island. There's also a visit to "Shoutback Steakhouse," where the waiters yell out the menu.

Look also for goofs on such teen idols as Justin Bieber and Taylor Swift.

The cast and series garnered plenty of respect from the comedy community in season one, scoring three nominations for the upcoming Gemini Awards, including Best Youth Show, as well as a Canadian Comedy Award nomination for Johnston.

This season, 13 new episodes of That's So Weird have been produced out of the same Halifax studio where 22 Minutes is shot.

It's familiar turf for executive producer/showrunner Gary Pearson, who worked five seasons as a writer/producer on 22 Minutes and has also penned episodes of Mad-TV, The Ron James Show and Corner Gas.

Pearson doesn't have to look far to find his test group. He and his wife have three children, ages 9, 12 and 14, or as the producer in him says, "all in the demo."

He cites as an example a conversation he had with his son. "Why don't you want your sister to tell me what happened?" Pearson asked. "She's just going to tell me the truth."

Said the son: "She might tell the wrong truth."

"That," says Pearson, "went right into Logan and Wilf." THE CANADIAN PRESS

▶ Alana Johnston and Kayla Lorette as Logan and Wilf in That's So Weird! on YTV.

TV Picks

Dirty tricks

Tonight on The Good Wife, an Army reservist is accused of murdering his wife. Meanwhile, Childs uses dirty tricks in an attempt to hurt Peter's campaign to win back his former office. (Global, CBS)

Burn Notice

It's not too late for those who missed the acclaimed series Burn Notice during its initial run on Super Channel to catch most of the series over on Showcase. Episode three sees former spy Michael Westen protecting a single mother who witnesses a vicious beating. (Showcase)

Outer worlds

All-new episodes of Caprica return sooner than expected with nine remaining episodes from Season 1. The Battlestar Galactica prequel shifts the action from virtual realities to the outer worlds of the 12 Colonies. (Space)

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Britney gearing up for a big comeback

Rumoured to be working on major album
Taking back control of her life

Britney Spears is quietly gearing up for a major comeback, with an album in the works tentatively scheduled to be released next year, according to Radar Online.

Spears has reportedly already finished three tracks for the new album.

And she's also reportedly ready to take back control of her life, looking to end the conservatorship within the next three months.

"Britney has made tremendous progress in the past three to four months. She seems to be firmly in control again," a source tells the website.

METRO

▶ Britney Spears

Celebrity tweets

Kirstie Alley [@KirstieAlley] Boo!

Ben Stiller [@RedHourBen] Excited for the Knicks this year! It's been too long.

Amy Winehouse [@Amyjademermaid] Ronson, you're dead to me; one album I write and you take half the credit — make a career out of it? Don't think so.

Steve Martin [@SteveMartinToGo] Marijuana laws loosened in California. Tour bus suddenly smells like old socks.

METRO

Talking points

Ready to go public?

LOVE AT FIRST SIGHT. Middle Jonas Brother Joe Jonas is reportedly "head-over-heels" for Twilight star Ashley Greene, according to People magazine. According to a source, he thinks she is down-to-earth, absolutely beautiful and he hasn't been this into a girl in a long time. While the pair have allegedly been dating quietly for the past two months, they've been spotted out lately on a date at Disneyland and holding hands while shopping at a pharmacy, suggesting they're ready to go public. A rep for Jonas had no comment.

METRO

No date nights for Moore

MARRIAGE REALITY. Julianne Moore admits that she and longtime husband, film producer Bart Freundlich, find making time to have a weekly date night "kind of impossible" because of their hectic schedules she says.

"I admire people who manage that," she says. "We try to get out when we can. We're like any other couple. It's always difficult."

METRO

Perry to wed this month

AN INDIAN WEDDING. Katy Perry and Russell Brand are reportedly set to tie the knot later this month in India — and they're planning on having a weeklong celebration.

Friends and family of the couple recently received save-the-date cards from Perry and Brand saying, "Meet you in Delhi in October. Dates to follow. Please allow seven days for this event," says a source.

About 75 to 100 guests will be staying at a resort in India and the ceremony is going to be held at an ashram.

METRO

Donnie Wahlberg and wife finalize divorce

Donnie Wahlberg is the new single kid on the block. Court records in Simi Valley, Calif., show the actor-singer and his wife of nearly nine years finalized their divorce on Sept. 28.

The pair each filed for divorce in August 2008 and reached an out-of-court settlement in the case. The pair, who were married in 1999, have two sons.

Wahlberg, 41, was a member of the boy band New Kids on the Block in the late '80s and early '90s, and have reunited in recent years. He has appeared in Band of Brothers and the police drama Blue Bloods.

THE ASSOCIATED PRESS

Jessica Alba afraid of nude scenes

Jessica Alba may be considered a great beauty, but she admits she's not her own biggest fan. "Every actress is more beautiful than me," Alba tells British GQ. "I've never been comfortable showing my body off. I used to have anxiety attacks before shoots. I'll never do a nude scene. I can act sexy, but can't go naked."

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Healthy bites

Curves
We're envying the natural curves flaunted by actress Christina Hendricks (pictured). We cheer this shift from the skinny to sexy.

Detoxing
Summer's over and we have developed a taste for lunchtime drinking. Now we are faced with a health and reality check.

Prostate cancer patients on hormone therapy should be aware of fracture risk: Doc

ISTOCK PHOTO

▶ The researchers found that the best survival rate was in women who slept between 5 and 6.5 hours a night.

Sleep help extend life

New study shows getting five hours of sleep is associated with longer life span ◗ Flies in the face of traditional belief you need eight hours

CELIA MILNE
LIFE@METRONEWS.CA

Only sleeping five hours a night? You may live longer than your friends.

A study done at the University of California, San Diego has found that sleeping between five and six-and-a-half hours a night is associated with the greatest longevity, at least in women over 50.

This may be great news for women who aren't getting as much sleep as they used to, and are worried about it.

A team of scientists did a two-part study. The first stage took place between 1995 and 1999. They monitored the sleeping habits of 459 women between the ages of 50 and 81 living in California.

Then, 14 years later, the scientists returned to study the same group and found details on 444 women. Of those, 86 had died.

The researchers were surprised to find that the best survival was in women who slept between five and 6.5 hours a night. Women who slept less than five hours a night or more than 6.5 hours were less likely to be alive at the end of the 14 years.

3.3M

If you've got sleep issues, you're certainly not alone. An estimated 3.3 million Canadians over age 15 have problems getting enough sleep.

"This means that women who sleep as little as five to six-and-a-half hours have nothing to worry about since that amount of sleep is evidently consistent with excellent survival," reported lead author Dr. Daniel Kripke, professor emeritus of psychiatry at UC San Diego school of medicine.

The study was published online in the journal Sleep Medicine.

Shift workers

Don't work nine to five? Feeling sleepy? About 25 per cent of workers in Canada do some kind of shift work, and this obviously affects sleep and health. Studies show people who work shifts are at higher risk for cardiovascular diseases, and this may be related to sleep disturbances. Here are some tips from the National Sleep Foundation to deal with shift work sleep problems:

- Avoid long commutes.
- Avoid working overtime.
- Take short naps during the shift if there is down time.
- Interact with others to keep you alert when necessary.
- Try to be physically active on a regular basis.
- Do the most boring tasks near the beginning of your shift.
- If you are working nights, you'll probably be most tired around 4-5 a.m.
- It's OK to drink caffeine near the beginning of your shift.

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GETTY IMAGES

Bit of a mess in your closet? You're in need of a closet catharsis

ROMINA McGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Wardrobe consultant Anna Akbari says getting an expert in to analyse your look, to emphasise the good and chuck out the bad, is not just for celebrities. Anna, who has a PhD in visual sociology and specializes in self-presentation, says sorting out you closet can be a genuine cathartic experience.

Wardrobe wars

Akbari explains that we are emotionally attached to items of clothing and their history. Sorting out our clothes is a therapeutic process that goes beyond aesthetics. Her focus is on the relationship between the visual appearance and self-presentation and how this affects one's ability to claim power. Clothing allows people to play with the different facets of their identity.

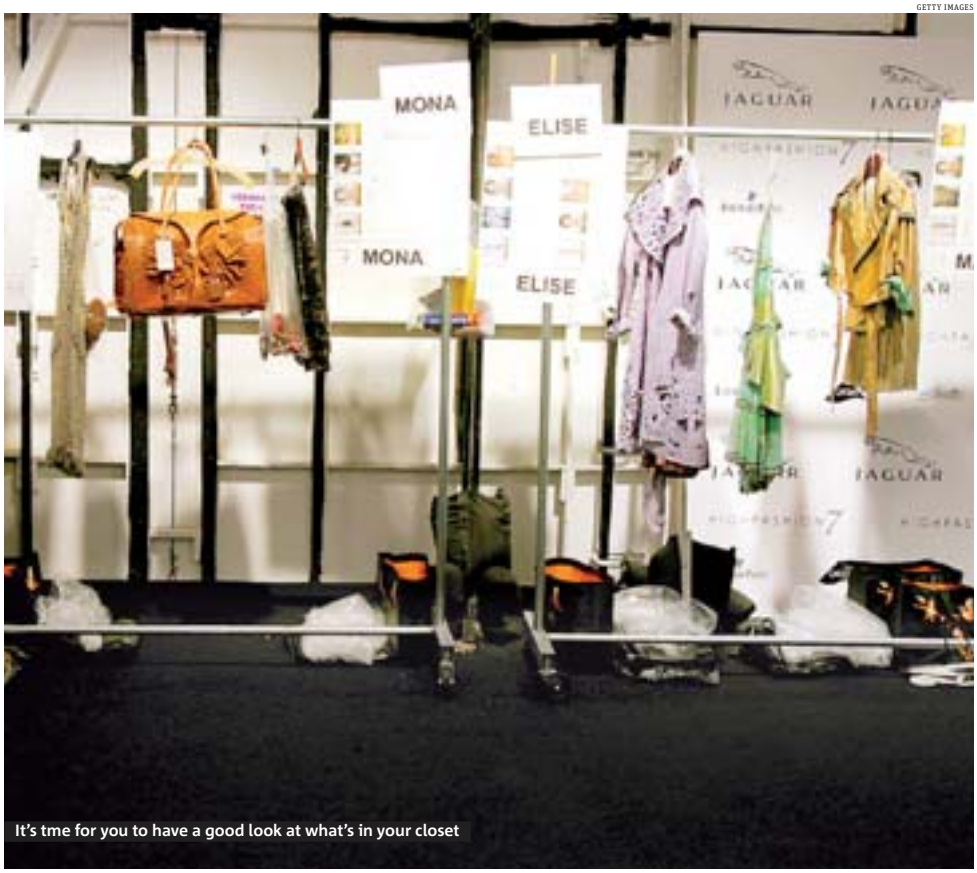
Closet close up

The people that reach out to wardrobe consultants are generally going through some form of transition. They could be wanting a new job or dating new people. It's an identity construction, the shedding of an old self and embracing of something new.

"My aim is to boost self esteem and confidence," Akbari argues.

"Our clothes are an extension of our bodies and our identity and our social success depends on our ability to communicate, our intelligence, and our appearance — we come as a package."

GETTY IMAGES



It's tme for you to have a good look at what's in your closet

The reason for this, she explains, is that we live in a visual society, where we see first and then act on the perceived observation.

In one glance at someone there is no time to learn much about them and appearance becomes paramount.

Sweat vs. suit

Akbari encourages smart purchases and a suit is top of her list. Suits exert power in the way they envelope the body and shift demeanor, posture and energy.

Wearing one instantly makes someone feel more professional and productive than if they were wearing old sweat pants. With her female clients, Akbari needs to have a more delicate balance. "Women crave the element of masculinity whilst remaining feminine," she explains.

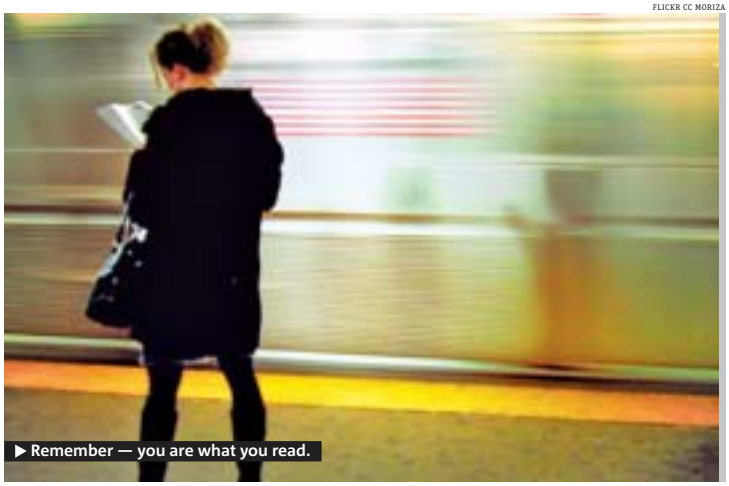
They want to flaunt their curves but this is a trigger for sexuality in most minds, which can be confusing.

Frivolous or functional

Akbari's clients are no fashionistas, nor do they consider themselves fashionable.

The sartorial choices people make subconsciously tend to reflect how they feel. Our relationship with clothes is much more profound than we acknowledge.

FLICKR CC MORIZA



▶ Remember — you are what you read.

Judging a book by its cover ... and the person behind it

Bibliotherapy is the antidote to Prozac and psychotherapists. Getting under someone else's skin can help overcome the grittiness of every day life.

ROMINA McGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Prose over Prozac

"We want to spark people's imagination and show them that world exists other than theirs. Reading provokes empathy with people you have no relation to, from different cultures, religions and even ones who have committed atrocities," says Ella Berthoud, co-founders of Bibliotherapy a one-to-one book prescription and soft therapy less hard core than being prescribed Prozac.

Berthoud wants us to treat reading as an outlet allowing us to escape the harshness of everyday reality as well as a form of therapy for people with 'serious-but-not-so-serious' problems.

The idea of prescribing books to heal sorrows or complaints came from Berthoud's theory that — say your mother runs off with your teacher or your aunt is dying of cancer you ought to be prescribed a book that would lift your spirits — help you disconnect or that you could relate to rather than seeking traditional therapy or popping open the pills and seeking escape through those means

"We spoke about the idea of bibliotherapy as a one-to-one service people could use if they didn't have a seriously big issue but rather needed to get through the nitty-grittiness of everyday life."
ELLA BERTHOUD

Putting the prescription on paper

"We spoke about the idea of bibliotherapy as a one-to-one service people could use if they didn't have a seriously big issue but rather needed to get through the nitty-grittiness of everyday life," says Berthoud.

Her clients tend to be recent divorcees, people looking for love or facing recent bereavement.

Reading fiction (and occasionally non-fiction) becomes an alternative to therapy and medication.

Individual prescriptions of up to eight books and their significance are sent to the client following a questionnaire and short phone conversation.

The questionnaire asks for personal details in order to pinpoint at what stage they are at in their lives (single, married, career, age), and more about authors they love, the ones they hate and books they have read as a child or young adult.

Berthoud and her team then mull over ideas and discuss the prescription according to the clients' individual needs and complaint, explaining why each book is good for them.

Flick to the dream

Bibliotherapy reflects upon someone's situation and individual needs.

"Most of the time, people come to us seeking something unrelated to real life and that will make them dream or laugh out loud. They are after pure escapism, a book that will transport them into a crazy adventure with the flick of a page," explains Berthoud.

It may not be profound, but its good therapy and tuned to each individual. Next time, think twice before judging a book by its cover.

'Refocus on the small things'

Morgwn Rimel is the Director of the School of Life. She explains the schools' aim and mission to Metro

"The School of Life is aimed at those interested in personal fulfilment and leading a better life. We help people re-focus on the small things of life that they struggle with such as love work and their family. We look at history and past ideas about culture and life and pick out the ones that are still relevant and can be applied to today's society. The truth is little has changed over the past 2000 years when it comes to basic human needs and desires. The school is a space where like-minded people can think deeply and allow their intellect to be a little more adventurous. The school is the opposite of self help. It doesn't offer band-aid solutions to life's problems like how to be in a relationship- stuff you don't learn at school- but real life solutions."

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Metro's prescriptions

The paper asked Bibliotherapist Ella Berthoud to help some of our staffers with their literary woes ◗ She prescribed the perfect reads

Ailment/Complaint/Condition:

Seeks brilliant and entertaining writing to help to hone own writing skills

COSMICOMICS
by Italo Calvino
Because you like exciting and stimulating writing that is well-edited, you should read this wonderful collection of short stories. The tales weave together to form a coherent whole, but they are based on mathematical principles and physical truths, which have been turned into fables for adults.

THE STORY OF MY DISAPPEARANCE
by Paul Watkins
This is a thriller that carries you effortlessly to its ingenious end. Watkins' almost hypnotic style is testament to his immense literary skill. He covers much ground in this short novel: war, identity, love and death yet his voice is so assured, he has often been compared to Hemingway.

WHAT I TALK ABOUT WHEN I TALK ABOUT RUNNING
by Haruki Murakami
This book is Murakami's description of his running life, which paralleled his writing career, as he started running in order to remain fit when he began his more sedentary career as a writer.

Ailment/Complaint/Condition:

Seeks romantic love and a new wardrobe

FABULOUS NOBODIES
by Lee Tulloh
This is the story of a girl in love with her clothes...it is remarkably funny, light and short, but as a fellow lover of the cut and gibe of good cloth, I feel this is a must for you.

THE PURSUIT OF LOVE
by Nancy Mitford
This is the original classic romance novel, written in 1945 with brilliant wit and sarcasm, and it should have you laughing your way around the subway to an embarrassing degree. It's all about British aristocrats, but it is so well told, the characters are utterly hilarious, that any girl can relate to it and cackle gleefully at all the absurdities of love.

FOUR LETTERS OF LOVE
by Niall Williams
This book totally fits your criteria for a perfect book – it's a love story, it's beautiful, insightful and hopeful – but by no means dumb! The book pretty much takes you through the mill before you make it to the end, and you live through enormous angst and drama with the main protagonists.

Ailment/Complaint/Condition:

Generally satisfied with life; preoccupied with design

HOW TO BE AN EXPLORER OF THE WORLD by Keri Smith
This is neither a novel nor a philosophical book, but an artist's book, which looks a bit like a sketchbook that has been scrawled over by an artist. The book suggests ways in which we can use our imagination creatively.

THE ART OF LOOKING SIDEWAYS by Alan Fletcher
This is a brilliant and very inspiring book, quite a big tome. As a designer you will appreciate the way that the book is put together, and the ideas in it will be a source of constant excitement to your design practice.

THE END OF MR. Y
by Scarlett Thomas
This is a book containing religion, spirituality, science and the meaning of everything at the same time as being a murder mystery thriller, with great characters... I'm suggesting this book to you because it takes you into a rather mad world where people can travel through time and consciousness.

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AL BELLO/GETTY IMAGES

▶ Former Wimbledon singles champ Maria Sharapova has been known to belt out grunts topping 100 decibels.

the tennis advantage

Research shows shots accompanied by sound provide better results

Tennis fans have likely grown accustomed to some of the game's top players unleashing loud grunts along with their blistering backhands and forehand volleys.

New research suggests these emphatic outbursts may be having more of an impact on the game than just cranking up the decibel level on the court.

A study co-authored by University of British Columbia and University of Hawaii researchers suggests grunts may provide players with a leg up on their competition.

Assistant psychology professor Scott Sinnett at the University of Hawaii at Manoa and UBC psychology professor Alan Kingstone looked at the effects of noise on shot perception during a tennis match.

The researchers enlisted 33 UBC undergrads, none of whom had more than recreational tennis experience and who reported normal hearing and normal or corrected-to-normal vision.

The participants sat about 60 centimetres from a computer screen in a dimly lit and sound-attenuated testing room to look at videos Sinnett had shot of his friend, a former semi-professional tennis player, hitting a ball to either side of a tennis court.

Half of the clips were accompanied with a brief 60-decibel sound overlapping when contact was made with the ball, volume equivalent to a conversation at a three-foot distance.

But rather than using actual grunts, researchers created what Sinnett describes as "white noise" comparable to a "shushing sound."

Sinnett said the fact that the sound level used in the experiment was quieter than real grunts and effects are still seen is "kind of telling in itself." "If we had a much louder sound, it might actually lead to more profound effects."

THE ASSOCIATED PRESS

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Bring your body up to speed

Celebrity fitness trainer Ramona Braganza's tips on bringing your body up to speed.

FLICKR CCC GOODNCRAZY

1 **Don't skip breakfast if you want to kick-start your metabolism first thing in the morning.** The best breakfasts are ones that combine protein and complex carbs in one meal, such as an egg omelet with vegetables or oatmeal and yogurt.

2 **Eat small meals and snacks throughout the day.** This will keep your body fueled and burning. My rule is three meals, two snacks and a minimum of one liter of water a day.

3 **Drink water all day long to stay hydrated.** This will ensure that all systems such as digestion and metabolism are functioning at optimum levels.

4 **Increase metabolism by including intervals during your session.** This will push the body and you will get better results.

5 **Include weight training in your workouts.** Building muscle will increase your metabolism because sustaining muscle tissue requires more energy from the body. You will be burning calories just to keep up, even when you are sleeping

For more tips check out ramonabraganza.com

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ORGANICS

What do we mean by 'Organic'?

The word's all over stores these days. Meat, milk, cheese and yogurts advertise their organic ingredients; cereals too. 'Organic' shows up on signs above produce, some of it priced at a premium. But what's in a name? For a lot of people, organic just means healthy or safe. There's actually far more to it.

In Canada, no product can be labelled or advertised 'organic' unless it's composed of 95 per cent or more organic content. It must be produced in a manner consistent with the Canadian Organic Standards, and certified by a body accredited under the Canada Organic Regime. Products claiming to be 'organically grown,' 'organically raised,' or 'organically produced' must back up those claims. If the product has multiple ingredients, all organic contents must be identified as such on the packaging.

Organic foods are grown, processed, distributed, and sold according to strict standards, and with a particular philosophy in mind. For livestock, that means a life of humane treatment, free of antibiotics and synthetic hormones. Cloned animals are not considered organic. For crops, it means biological diversity within the farm; optimizing yield without resorting to toxic and persistent pesticides and fertilizers.

The production of organic foods should also maintain the environment, not strain it. Organic practices are expected to minimize soil degradation, decrease pollution, and maintain soil fertility long-term. Use of recycled materials and renewable energy sources should always be encouraged. Processing should be achieved without artificial ingredients, preservatives or irradiation. The handling, packaging, and shipping of the products should do nothing to compromise this.

A smart consumer is an informed consumer. Now that you know what goes into making the organic products in your local shops and markets, you'll be certain you're buying those best suited to your family's needs.

Organic food no longer just a specialty item

More and more Canadians are recognizing the benefits of organic food and making it part of their daily diets. When first introduced to the market, organic food was deemed a specialty item with little selection and limited availability. In response to the increasing consumer demand for organics, the industry has grown exponentially. A wide assortment of options, including packaged goods and snacks, are now available to consumers across the country.

Why 'go organic'?

- The absence of pesticides and other chemicals in the production of organic food means that more nourishing food ends up on the dinner table.
- Certified organic producers harvest crops in ways that are less impactful to the environment and surrounding ecosystem. Crops are rotated to enrich the soil, wildlife is encouraged by the inclusion of foliage crops and water resources are protected and reserved.

To make it easy and affordable for Canadians to include organic products in their daily diets, Shoppers Drug Mart and Pharmaprix recently introduced Nativa, a new exclusive line of organic products. Featuring more than 200 organic food items, including snacks, pasta, cereals, soups, coffee/ tea , jams and condiments, the line offers customers a large assortment of delicious and affordable certified organic products.

The line has resonated with Shoppers Drug Mart and Pharmaprix customers who love the convenience and affordability. "As a family, we're pretty health conscious and we love the Nativa brand of food and snacks," said Beverly Day, Shoppers Drug Mart customer.

Certification

While many products claim to be organic, before you make your purchase ensure the product has been certified organic by an authorized body. Choose well-respected brands, like Nativa Organics, which ensure adherence to strict guidelines, are third-party certified and come with a full money-back guarantee.

For more information about Canada's organic food industry, visit Agriculture and Agri-Food Canada at www.agr.gc.ca

Guilt-free snacking

Canadian families continue to embrace organic foods, making them a part of daily life. In addition to organic meal choices, consumers are increasingly choosing organic snacks. It may surprise some to hear that the snack category is one of the most successful categories of the Nativa Organics line at Shoppers Drug Mart – a testament to the fact that Canadians are increasingly looking for organic alternatives for snacking.

Like other organic food products, Nativa Organics snacks are made with ingredients grown without chemical fertilizers or harmful contaminants and do not contain any artificial ingredients or preservatives, making them a healthier snack option. Be sure to check labels to ensure the product has been certified organic by a credible third-party and enjoy your snack – guilt-free!

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SHOPPERS DRUG MART

Don't forget the perfect wine for this Thanksgiving

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

Any holiday that ends with a good meal is OK in my book; especially when wine is at the heart of the celebration.

Thanksgiving is arguably the ultimate in family food fests because it shines the spotlight on things we already have rather than an orgy of gift giving, which means whatever's on the table can really shine.

Though my wife keeps reminding me that I used to be a good cook back in my swinging bachelor days, she's really the master chef of the Rockwell mansion.

We keep things pretty traditional come Thanksgiving, so turkey is the star of our show.

With its well-rounded strawberry- meets-cherry fruit and typically smooth silky flavours pinot noir is our go-to red grape. The Lindemans 2008 Bin 99 Pinot Noir ($12.00 - $12.99) from Australia offers great value to go along with its balanced profile.

For an all-purpose white, a bottle of New World chardonnay or riesling would match nicely with the big bird and all its fixings. If you're up for drinking outside the box, the lean, green fruit and mellow acidity of the 2009 Soave Italia ($11.40 - $14.99) from Italy is one that will appeal to a broad range of palates.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

New cookbook on family cooking

The latest cookbook from Vikram Vij and his wife Meeru Dhalwala of Vancouver reflects their informal and close-knit family life.

Just the title, Vij's At Home: Relax, Honey, offers a vision of the pair at home after a long day at their restaurants sipping wine while making a simple Indian meal for the family.

The cooking represents their days and their moods, which means easier, healthy meals on work nights and fun, creative elegant repasts on their days off.

"The recipes were chosen in terms of combining tastes and whether they are practical and feasible for readers when they get home at the end of the day," says Vij, who was born in India and grew up in Amritsar and Mumbai.

He opened the original Vij's Restaurant in 1994 to international acclaim. Dhalwala, who was also born in India, joined her husband in 1995 to plan the menus for the restaurant.

They have endeavoured to create a cookbook to help teach readers how to cook Indian dishes with ease.

"Indian food is so healthy, and if we want to take ownership of our own health, it is one of the best as it is based on a vegetarian cuisine," explains Dhalwala.

THE ASSOCIATED PRESS

Fall is the sign to start stewin'

The days of autumn signal that it is time to get out the stew pot

This fall, when that mood strikes (or there's a crowd to feed), consider veering off the traditional recipe path and trying this somewhat unconventional, yet still classically comforting, fragrant coconut-lime beef stew.

Fresh ginger, ground coriander, cumin and turmeric season a rich, coconut milk-based sauce that gets zing from fresh lime juice and lime zest, plus a touch of heat from a pinch or two of cayenne pepper.

If you want to take the theme a bit further, substitute diced sweet potatoes for the carrots and use a modest amount of chopped, fresh Scotch bonnet chili pepper instead of the cayenne. Serve over a helping of steamed white or brown rice.

▶ A fragrant coconut-lime beef stew. As the nights get longer and warm comfort food from the stew pot is what you crave consider this recipe.

Fragrant Coconut-Lime Beef Stew

Ingredients :

- 45 ml (3 tbsp) canola oil, divided (approx)
- 1 medium yellow onion, chopped (about 250 ml/1 cup)
- 5 cloves garlic, minced
- 15 ml (1 tbsp) minced fresh ginger
- 7 ml (1 1/2 tsp) ground coriander
- 7 ml (1 1/2 tsp) cumin
- 2 ml (1/2 tsp) turmeric
- 0.5 ml (1/8 tsp) cayenne pepper, or more to taste
- 1.5 kg (3 lb) beef chuck, cut into 2.5-cm (1-inch) chunks
- 1 can (398 ml/14 oz) unsweetened coconut milk
- 5-cm (2-inch) strip lime zest
- 30 ml (2 tbsp) lime juice
- 15 ml (1 tbsp) brown sugar
- 2 ml (1/2 tsp) salt, plus more to taste
- 2 bay leaves
- 500 g (1 lb) baby carrots
- 125 ml (1/2 cup) chopped peanuts (optional)

Preparation:

1. Heat oven to 160 C (325 F).
2. In a large Dutch oven over medium-high, heat 15 ml (1 tbsp) of the oil. Add onion and saute until it begins to colour, 7 to 8 minutes. Add garlic, ginger, coriander, cumin, turmeric and cayenne pepper. Cook until fragrant, about 1 minute longer. Transfer mixture to a large plate.
3. Return Dutch oven to burner. Increase heat to high and add another 7 ml (1 1/2 tsp) of the oil to the pot. When oil is hot, add a quarter of the beef and cook until well browned on all sides, about 3 minutes. Transfer to plate. Brown remaining beef in 3 more batches, adding oil as needed.
4. Return onion mixture and browned beef to pot. Stir in coconut milk, lime zest, lime juice, brown sugar, 2 ml (1/2 tsp) salt, bay leaves and baby carrots. Bring mixture to a simmer, cover, then place in the oven for 1 1/2 to 1 3/4 hours or until beef is tender. Alternatively, stew can be simmered over low heat on the burner.
5. Season with salt. Serve garnished with chopped peanuts, if desired. Makes eight servings. THE ASSOCIATED PRESS

Polenta lasagna is easy and delicious for harried weekends

For most people, the only time lasagna lands on the weeknight table is when they prepare it ahead during the weekend. Or when it came out of a box.

Even the no-boil noodles usually are too much trouble for Monday-through-Friday cooking. That's why I like to use prepared polenta (the sort sold in shelf-stable tubes). Using polenta instead of noodles not only is faster and easier, but it also produces a heartier meal.

Because the polenta is already cooked and only needs heating, all you have to do to assemble the lasagna is slice the polenta, layer it with cheese, sauce and whatever else motivates you, then pop it in the oven. Because polenta comes in a variety of flavours, it also is an effortless way to add extra flavour to the dish.

The sauce is just jarred pasta sauce doctored with chopped Italian-style chicken sausage. But you could easily add whatever you like, as well as add additional layers of vegetables, including thinly sliced onions, peppers, mushrooms, even roasted slices of eggplant.

Just be aware that the more you add and the deeper you make the lasagna, the longer it will take to cook.

Ingredients :

- 2 tubes (each 510 g/18 oz) prepared polenta
- 250 ml (1 cup) ricotta cheese
- 500 ml (2 cups) grated mozzarella cheese (divided)
- 5 ml (1 tsp) garlic powder
- 2 ml (1/2 tsp) ground black pepper
- 1 egg
- 375 ml (1 1/2 cups) jarred pasta sauce
- 170 g (6 oz) Italian-style cooked chicken sausages, finely chopped
- 50 ml (1/4 cup) grated Parmesan cheese

Quick Polenta Lasagna
Preparation:

1. Heat oven to 200 C (400 F). Coat a 2-l (8 cup) casserole dish with cooking spray.
2. Slice each tube of polenta into 9 rounds. Arrange 9 rounds in a single layer over the bottom of the baking dish. Set aside.
3. In a medium bowl, mix together ricotta cheese, 250 ml (1 cup) of the mozzarella, garlic powder, pepper and egg. Spread mixture in an even layer over polenta.
4. In a small bowl, mix together pasta sauce and chopped sausage. Spread half of the mixture over cheese. Arrange remaining 9 rounds of polenta in a single layer over sauce, then top with remaining sauce.
5. Sprinkle Parmesan cheese and remaining 250 ml (1 cup) of mozzarella over sauce. Spray a sheet of foil with cooking spray, then use it to cover lasagna and bake for 20 minutes. Remove foil and bake for another 15 minutes, or until cheese is lightly browned. Let stand for 5 minutes before serving. Makes six servings.

THE ASSOCIATED PRESS

▶ Polenta lasagna.

ADVERTISING FEATURE

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"We wanted to produce ice cream made with Canadian milk and cream, not a frozen dessert made primarily with vegetable oils." says Michael Lovsin.

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The product in question is President's Choice® Ice Cream Shop Flavours ice cream: a selection of 14 nostalgic and traditional flavours, ranging from Vanilla and Mint Chocolate Chip to Sprinkle Party Cake. It was launched in May 2010, and promoted by four hot-pink ice cream trucks, touring Canada coast-to-coast, serving samples to eager kids and grown-ups alike. Featured prominently on each truck was the 100% Canadian Milk symbol – a guarantee that the ice cream inside was made with cream produced from 100% Canadian milk.

For recipes and more info on 100% Canadian milk, go to metronews.ca/canadianmilk

"Consumers can encounter an array of products," explains Michael. If a vegetable oil-based product is called a 'frozen dessert,' and it looks like ice cream, many assume it is ice cream. That's why our President's Choice® Ice Cream Shop, Loads Of, and Cream First ice creams are made with Canadian cream, and bear the 100% Canadian Milk symbol. Our customers know exactly what they're buying."

By July 2010, only two months after the launch of the President's Choice® Ice Cream Shop Flavours brand, production of its top flavours had to be doubled to keep up with the exploding demand. Clearly consumers loved our flavours.

"Life's about choices," says Michael. "As a retailer, we made one too. We chose to make our ice cream with quality ingredients, and made sure our customers knew it. They did the rest."

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A message to gay teens: It Gets Better

Lisa DiFederico wasn't out in high school, but the other kids decided there was something different about her, and that they should bully her for it.

"I don't think high school is easy for anyone," DiFederico, 27, said in a YouTube video posted recently. "Put gay on top of that and you've got yourself a pretty difficult situation."

DiFederico was pushed in the halls and attacked online. But when she moved to Windsor for university, it got better.

For the first time in her life, DiFederico met someone who was openly gay — a woman who happened to be her housemate. When she came out to her friends and family shortly after that, she was met with "surprising support."

DiFederico says she didn't hesitate before contributing to sex columnist Dan Savage's It Gets Better project. Since its launch in response to the suicide of Billy Lucas, a 15-year-old from Indiana who was the victim of anti-gay bullying, the project has received a flood of contributions.

Savage, whose column Savage Love appears in Toronto's NOW magazine, and husband Terry began the project with a message for teenagers struggling with homophobia: High school will probably be the worst time of your life, but things will improve. "However bad it is now, it gets better," he says. "And it can get great, it can get awesome." TORSTAR NEWS SERVICE

lack of support

Although Canada is known for being progressive when it comes to gay rights, teenagers here still face homophobia and a lack of support

TORONTO COUPLE FOUND LOVE ON THE HIKING TRAIL

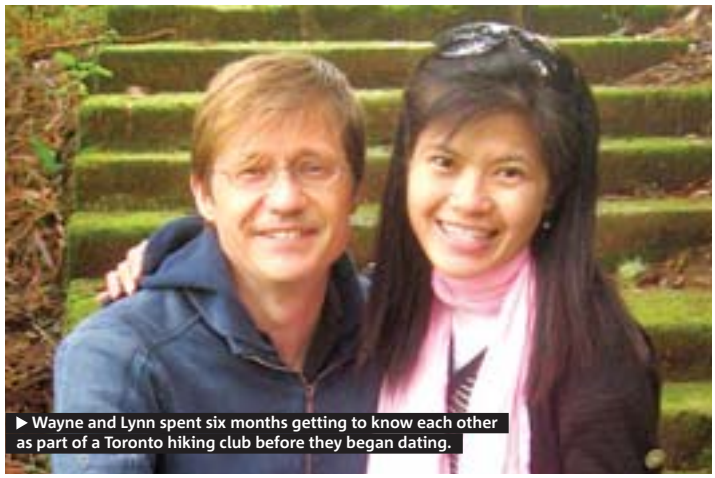
How We Met: Wayne & Lynn

Names: Wayne, 45, and Lynn, 40

Hometown: Toronto

Together since: February 2007

Their story:



▶ Wayne and Lynn spent six months getting to know each other as part of a Toronto hiking club before they began dating.

"When I (Lynn) moved to Toronto from Vancouver, I was so anxious about not being able to hike and camp like I did in B.C. ...

"So, I joined a hiking club and that's where I first met Wayne.

"Many men take it as rejection when women say they just want to be friends first, but not Wayne! We were friends for about six months before we started dating.

"Since then, we've discovered so many beautiful outdoor spaces together, in Ontario and beyond. We recently went canoeing and camping in Temagami; the wilderness was amazing and we were the only people on the lake camping on a small island. It was there that Wayne proposed to me as the sun was rising. Our wedding will take place in 2011 in Taiwan, and then it's back to Toronto to continue our life journey together."

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Fun and Frugal

LESLEY SCORGIE
MONEY@METRONEWS.CA

RRSP BORROWING?

There are two ways to borrow from your RRSP. First is through the RRSP Home Buyers' Plan, for first-time home buyers, and second is through the Lifelong Learning Plan, for educational expenses. These Canada Revenue Agency programs allow you to withdraw funds without a tax penalty. If you 'borrow' outside these programs before retirement to pay for a trip or a car, the withdrawal is considered income in the year you received the funds and you'll pay hefty taxes.

Check some Government of Canada websites for full details on both of these plans.

These plans make sense for some people, but there are drawbacks. First, when you take money out of your RRSP, you lose the power of compounded interest and re-invested returns on those funds. Money grows exponentially over time and when you reduce the money in your RRSP account, you earn less interest and sacrifice potential returns. There are other pitfalls as well, make sure to research them all and realize the primary benefits of the plans are home ownership and education — weigh the pros and cons to make an informed decision.

It's time to make a financial plan

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

A financial plan is a blueprint for the money side of life.

It's financial planning week. Granted, not as exciting as Thanksgiving or Halloween but bear with me. If I could reduce your stress, make you happier and more secure would you start to get a bit more interested?

There's one fairly easy step you can take to accomplish all of the above — make a financial plan. According to the Financial Planning Standards Council, which oversees the Certified Financial Planner or CFP designation, only one in five Canadians has a financial plan.

"And I need one because?" you ask. Well, those who have a comprehensive financial plan (read: know where they are and where they're going financially) are twice as likely to feel prepared to weather difficult economic times. And they're almost twice as likely to have peace of mind about their financial situation as those who have never done any money planning.

And peace of mind equals reduced stress. Right?

If I have you convinced the exercise is worthwhile, you might wonder about the what and where of financial planning. The process involves six elements; household budgeting, tax, retirement, estate planning (including life insurance), investing (as well as saving) and debt management.

A CFP, or certified financial planner, will have all the tools to put together a comprehensive plan. But, in the wake of some horrible investment experiences recently many are leery of advisors who are paid largely through the products they sell, such as insurance and mutual funds.

Fair enough. One option is a fee only or fee-for-service planner. About seven per cent of CFPs operate on this basis where you pay for their advice, just as you would a lawyer.

Whichever kind of advisor you choose, ask, "How and how much are you paid?" And ask them to disclose anything they don't sell because there is no commission attached to compensate them.

The good ones will applaud your diligence.

▶ A financial planner can be an important aide.

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Coffee shops a haven for hordes of writers

For those who work from home, coffee shops can be a creative sanctuary

Armed with his laptop and a folding umbrella, Toronto actor Fabrizio Filippo arrives at the Rooster Coffee House at 8:30 a.m. one Monday.

He orders a double long espresso and plunks himself down at a metal table on the patio.

The Broadview Avenue streetcar clangs its bell and there's a low hum from the traffic on the nearby Don Valley Parkway, but Filippo doesn't notice.

The coffee house is Filippo's "office," the place he comes to every week day to work on scripts and screenplays, away from the endearing distractions of his toddler, Asher, at home.

"I'm like Norm in 'Cheers,'" Filippo says with a laugh.

Toronto's burgeoning coffee shops are filled with people who jump-start their creative juices with caffeine and spend hours tapping on their computers. Just what are they creating in these surrogate offices springing up all over the city?

We peeked over their shoulders at Rooster, a former variety store transformed last December into a cosy refuge for many writers and home workers who live in the Riverdale area.

Filippo, the star and creator of Showcase's Billable Hours, is busy writing a script for a new television show he's pitching. Today he's working on some dialogue.

"Yeah, well, since I left politics, I've helped shut down a dangerous food processing facility, forced a major big box retailer to compensate small businesses it destroyed, I'm about to stop a major toy company from burning children alive and I bought those very nice shoes over by the door."

He is just one member of a small army who arrive daily with laptops, ledgers, notebooks and binders, looking for java-fuelled inspiration in a setting that has crystal chandeliers overhead and board games on the vast harvest table.

Owner Shawn Andrews used to be a film wardrobe stylist and, in a delightful coincidence, styled Filippo years ago as Johnny Lombardi storming Juno Beach in a Canadian Heritage moment on television.

·RICHARD LAUTENS/TORSTAR NEWS SERVICE/THE CANADIAN PRESS

▶ The Rooster Café in Toronto is a homey coffee shop that is a type of magnet for those looking for a snack but also for those who work out of their house who treat it like an office.

home to roost

▶ **The Rooster sits** on the east side of Broadview Avenue with an unencumbered westerly view that slopes into Riverdale Park, up the treed side of the Don Valley and is topped by the jagged towers of the city's skyline. It is widely considered the second-best view of the city's skyline (the one from Toronto Islands comes first).

Andrews has personally "styled" her boho-chic coffee house as an extension of her home, the building next door with brilliant red flowers lining the porch. Well-thumbed books from biographies to geographies are jumbled on the counter, music is eclectic and muted, and her odd photographs dot the walls. (Donny Osmond!)

The litres of coffee and thousands of words produced here range from the creative outpourings of novelist Wayson Choy to a course outline for an upcoming seminar by aromatherapist Elana Millman.

Twirling a rainbow-coloured hula hoop and smelling like a flower shop of exotic blooms, Millman makes a grand entrance before settling down to write about the program.

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THE CANADIAN PRESS

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Life coaches help teens lead lives they love

Coaches can offer guidance in areas ranging from academic struggles and self-esteem to career planning

James Witter's graduation from high school was shaping up to be a time of stress rather than a day of celebration.

The 18-year-old from Hamilton was plagued by doubt and confusion as he struggled to sort out how to handle life after secondary school.

His ruminations produced more questions than answers. Would his musical talents be enough to build a career upon? Did he want to go to university? What else did he even like to do?

With encouragement from his parents, Witter decided to place his dilemma in the hands of someone unconventional — one of his former elementary school teachers who had recently become a life coach for youth.

Witter's meetings with Rob Stringer, founder of Youth Coach Canada, soon began to yield results.

"We sat down and talked about what I wanted in a job," Witter said in a telephone interview.

"Did I want to have a lot of money or was that not really important? Did I want to have a job I really liked as opposed to one that would just pay the bills? I want to have enough money to support a family and know that I'll be able to do that. ... What it came to in the end was if I was happy with it and I can support a family at the same time, that's the kind of career I want."

For Stringer, who still teaches full-time while devoting nearly equal hours to his coaching venture, the sessions with Witter exemplified the mission of his two-year-old company — helping people lead lives they love.

The former single father has spent the past five years providing coaching and support services to parents, but only recently decided to make youth his primary focus. Regardless of what age group he's working with, Stringer says he is guided by one consistent goal.

"If you get down to the real core of it, they're really all the same — coaching is all about change," Stringer said. "Young adults may come to me saying they want to change something, but in many cases it's the parents coming to me looking to make a change. People are looking for solutions to problems they've been struggling with."

"Youth coaching is not about raising superstars. It's about giving kids the skill sets they need to be as successful as they can in life." ROB STRINGER

With the help of three other coaches, Stringer offers his young clients guidance in areas ranging from academic struggles and self-esteem issues to career planning. He recently branched out to include entrepreneurial and leadership skills among his services.

Not all his clients come to him willingly. Stringer says parents sometimes try to enlist his guidance for a child who resists the idea. If conversations with the child don't reveal a desire to work openly, Stringer says the relationship ends there. Confidentiality represents another formidable challenge, he says, adding he must strike a balance between honouring the trust of his client while keeping parents in the loop.

The child or teen comes first, Stringer says, adding parents will only become privy to details of their sessions if the client gives the go-ahead.

Experts agree that confidentiality boundaries are key to a successful coaching relationship. Linda Cameron, associate professor of education at the University of Toronto, says a coach who strikes the right balance has the best chance of having a positive impact.

"One that really works confidentially with the young adult is really important," she said. "In order to make progress, you have to affect all the people that touch (the child). The parents may need an objective person to help them understand who their child is or wants to be."

Cameron says those who enlist the help of a coach run the risk of "over-parenting" their child, but adds the coach can provide a valuable resource if the relationship is handled right.

"In a sense, getting a coach is reinforcing the routes parents have taken with their kids. But in another way (the coach) is probably the first objective person who has sat and listened to them and tried to help them find themselves."

THE CANADIAN PRESS

A step in the right direction

Coaching proved to be a turning point for James Witter. His conversations with Stringer prompted him to shift his focus away from music and onto his love of working with children.

He accepted his diploma as scheduled on graduation day, but was back in class in September in order to take advantage of the school's co-op program.

He now spends his mornings helping out with teaching duties in a Grade 4 classroom and his afternoons taking courses to better prepare him for university.

Witter believes this extra year will stand him in good stead as he pursues a degree.

He spares no praise for his coaching sessions, which he credits for his newfound career direction.

"It was a really good experience and it helped me get on track," he said. "If you don't really know what you want to do and you're stuck, definitely it's a great program to go for." THE CANADIAN PRESS

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Good things in small packages

Mom who loved getting care packages while a university student helps busy mothers do same

When Valerie McKenzie-Flynn was a first-year university student living in a rundown house, nothing made her roommates scramble like a care package from her mother.

As soon as the big box arrived in the mail, there was a stampede to get to the home-baked butter tarts and chocolate chip cookies inside.

Her mother would also send a comfy nightgown and warm socks for her daughter, whose feet were always cold. It didn't help that cracks in the basement floor of the crowded bungalow — shared by Valerie and 10 others — were so big that mushrooms grew out of them.

McKenzie-Flynn was the only one among her female housemates to receive a care package during her first year at the University of Waterloo in 1989.

Among the guys living downstairs, only one got a care package and he didn't share.

"They were jealous," says McKenzie-Flynn, laughing. "Everyone was mad at their moms for not sending them care packages.

"But their moms were full-time career women and they ... didn't have time."

Not that it stopped her own mother, Chris McKenzie, who was a full-time emergency room nurse in Ottawa and a part-time university student.

McKenzie, who is now retired and living in Waterloo, says she was continuing a tradition started by her own mother, who sent her care packages when she was a nursing student.

She says the packages she sent made her feel connected to her daughter.

"I used to work a lot of evenings and I'd get up early in the mornings and start baking."

During a recent girls' night out, McKenzie-Flynn, 41, was reminiscing with her former roommates — longtime friends — about the tasty care packages.

She had been trying to come up with an idea for a business she could launch from home.

McKenzie-Flynn wanted some income, but she also wanted to be home with her children, ages two and four. Since her husband worked long hours in the renovation industry, she needed something that gave her flexibility.

RICK KOZA /THE CANADIAN PRESS

▶ Valerie McKenzie-Flynn holds a combination penlight and emergency whistle as she prepares Care Packages with children Trevor McKenzie-Flynn, 4, and sister Tessa, 2.

inside the box

▶ **McKenzie-Flynn** packs a sturdy box with items that include a stainless-steel water bottle, movie gift certificate, healthy snacks, non-caffeinated vitamin fortified energy drinks, Burt's Bees shaving cream for guys, creams and pamper items for girls, soap and a keychain with a safety whistle, flashlight and compass.

In 2006, she had been laid off from a human resources job she loved at a high-tech company.

The girls' night out gave her a eureka moment.

Why not offer care packages to busy parents who could order them online for their sons and daughters in university or college?

"It dominated our conversation for the rest of the night," she says.

McKenzie-Flynn applied to the Ontario Self-Employment Benefit program, which provides income and entrepreneurial support while participants start a business. She was accepted in June and began working with the Guelph-Wellington Business Enterprise Centre, which administers the program.

On Sept. 1, she launched the website for This Box Rocks! (thisboxrocks.ca). The business can send three kinds of "care packages" for students anywhere in Canada — one for girls, one for guys, and one that's an exam package.

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Blue Jays have some decisions to make

The question before Toronto Blue Jays general manager Alex Anthopoulos after a 2010 season full of pleasant surprises is whether or not the time has come to push things forward and add some pieces to take a run at the playoffs.

Hearty "Hell, yeahs!" from his players and fans aside, it's a delicate and crucial call for the 33-year-old from Montreal, who took over the team one year ago preaching a steady, patient approach to building the talent base while eschewing the quick fix. His long-held mantra is the team will dictate when it's time to go for broke, but whether or not a team that went 85-77 thanks to some tremendous pitching from a young starting staff and a club record 257 home runs is, at this point, up for debate.

Can the Blue Jays count on another year without a single major arm injury to any of its pitchers, continued progress from its young starters and the same thunder from hitters who had career seasons? And if so, will plugging looming holes at first and third base, catcher, the fifth spot in the starting rotation and the bullpen be enough to close the 11-game gap between them and the playoffs?

"If the focus is on making the team better and continuing to look for value whenever you can get it to build that team, at some point the wins will continue to pile up and we'll get to the point in-season that, hopefully, we're going to look to add a piece. Then when you get to that playoff area, that's when you make a big splash," Anthopoulos said yesterday. THE CANADIAN PRESS

15 The Blue Jays have 15 arbitration eligible players. The most notable name on that list is Jose Bautista.

DAVE CHIDLEY/THE CANADIAN PRESS

▶ Nazem Kadri won't be with the Maple Leafs to open the NHL regular season.

Kadri headed to the Marlies

After struggles in training camp, Toronto's top prospect to play in AHL
Leafs general manager says he still believes in the former 1st-round pick

Nazem Kadri's path to the NHL is going to include a stop in the American Hockey League.

The Toronto Maple Leafs assigned their top prospect to the AHL Marlies yesterday as they trimmed the roster ahead of the regular season. Kadri struggled during his second NHL training camp and was unable to hold on to a spot that had been earmarked for him.

When GM Brian Burke delivered the bad news, the former first-round pick wasn't surprised.

"I think Nazem has accepted what's gone on here, that he's made his own bed," said Burke.

"He's been very mature about it. I think he's been wonderful with you folks (the media), dealing with all this stuff. And if I could go back to the draft and you give me the microphone again, I would take Nazem Kadri again.

"I told him that this morning. We believe in Nazem as a hockey player and a person, he's going to be fine. He's not ready to play in the top six (forwards) right just yet."

The centre, who turns 20 this week, was the focal point of a training camp that started with him being "pencilled" into the team's lineup.

However, Burke felt he struggled with the speed of the game and decided the minors were the best place for him to find his legs.

Kadri will probably be first in line for a callup to the Leafs this season, especially if he puts up good offensive numbers with the Marlies.

THE CANADIAN PRESS

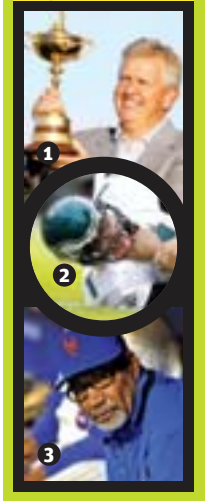
More moves

The Leafs made a number of roster moves yesterday.

- Forwards Christian Hanson and Luca Caputi were also sent to the Marlies along with goaltender Jussi Rynnas.
- Defenceman Danny Richmond and forwards Jay Rosehill and Mike Zigomanis were placed on waivers. Burke said Zigomanis will remain with the Leafs if he goes unclaimed.

4 sports

Sports in brief



1 Europe reclaimed the Ryder Cup yesterday.

2 Quarterback Michael Vick has a rib cartilage injury, and his status is uncertain for Philadelphia's next game at San Francisco.

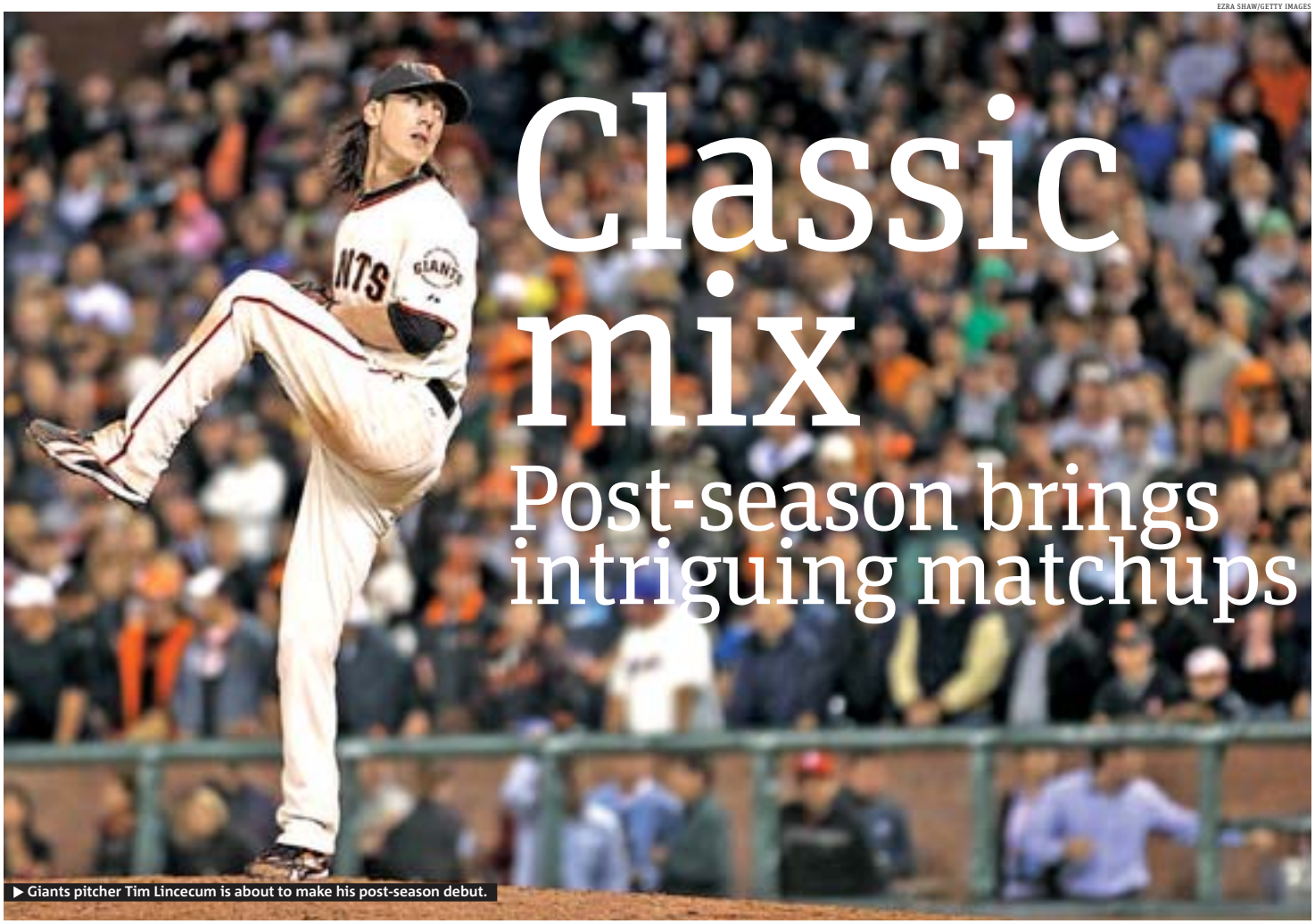
3 The New York Mets fired manager Jerry Manuel and relieved general manager Omar Minaya of his duties.

THE ASSOCIATED PRESS

TORONTO MARLIES
PRO HOCKEY
EVERY GAME IS A TRYOUT
OPENING DAY
MARLIES VS AMERKS
ROCHESTER AMERICANS
SAT. OCT 9 @ 3:00PM
TICKETS STARTING AT $10* ADVANCE
416.597.PUCK
MARLIES.CA
AT RICOH COLISEUM
*Based on one Toronto Star Zone ticket purchased online in advance. Price increases $4 day of game. "Toronto Marlies", "Marlies" and associated word marks and logos are trademarks of Maple Leaf Sports & Entertainment ltd.

Baseball playoff preview

EZRA SHAW/GETTY IMAGES



Classic mix

Post-season brings intriguing matchups

▶ Giants pitcher Tim Lincecum is about to make his post-season debut.

Start with playoff newcomers Roy Halladay and Tim Lincecum. Throw in rocket-armed rookies Aroldis Chapman and Craig Kimbrel. Add a dash from pickups Cliff Lee and Lance Berkman. Mix in banged-up Josh Hamilton and Evan Longoria.

Sounds like a pretty tasty October pie.

With all the matchups set after Game No. 162 — no tiebreakers necessary this year — baseball launches into the post-season tomorrow.

"Words can't describe it," San Francisco second baseman Freddy Sanchez said. "This is what I've played for ever since I was a little kid."

Tampa Bay ace David Price will throw the first pitch against the Texas Rangers, the only current major league franchise that's never won a playoff series. The afternoon opener will be played under new rules — Major League Baseball made a change yesterday, saying popups that hit the two highest catwalks at Tropicana Field are now dead balls, rather than in play.

Next up, the two-time defending NL champion Phillies host Cincinnati. Former Toronto Blue Jay Halladay starts Game 1 against Edinson Volquez, with Philadelphia aces Roy Oswalt and Cole Hamels to follow in a formidable rotation.

16

Number of seasons played by Phillies utilityman Mike Sweeney before reaching the playoffs this year, the most among active major league players. Other longtime veterans about to make their first post-season appearance include Texas third baseman Michael Young, Giants first baseman Aubrey Huff and Phillies pitcher Roy Halladay.

The Reds are making their first post-season appearance since 1995. They rewarded manager Dusty Baker yesterday with a two-year contract extension through 2012.

"I think we got here sooner than a lot of people thought — to the playoffs," general manager Walt Jocketty said. "I think a lot of it is due to Dusty's leadership."

The World Series-champion New York Yankees visit Minnesota tomorrow night for the first post-season game at Target Field. No need to worry about playing outdoors, either — it's supposed to be sunny with temperatures around 24 C this week.

CC Sabathia, a workhorse throughout the last post-season, starts against Twins lefty Francisco Liriano. After his numbers dropped this year, Derek Jeter hopes to be at his best in October, as he often is.

Thursday, the wild-card Atlanta Braves and retiring manager Bobby Cox begin their best-of-five division series at San Francisco. Lincecum, a two-time Cy Young award winner, pitches for the Giants against Derek Lowe. The Giants and Braves clinched their playoff spots Sunday, eliminating San Diego.

"This is what it's all about," Atlanta closer Billy Wagner said. "You play all year long and it comes down to the last game and you get the champagne shower." THE ASSOCIATED PRESS

HANNAH FOSLIEN/GETTY IMAGES

Injuries

Most every team is hurting going into these playoffs. **Justin Morneau** of New Westminster, B.C., Minnesota's four-time all-star and the 2006 AL MVP, is out for the year because of a concussion he sustained in early July. Josh Hamilton, who led the majors in hitting at .359 and had 32 home runs and 100 RBIs for Texas, makes his playoff debut after missing nearly all of September with two broken ribs. Evan Longoria, Tampa Bay's star third baseman, didn't play the last week because of a strained left quadriceps.

EZRA SHAW/GETTY IMAGES

Big boosts

Once again, left-handed ace **Cliff Lee** could become a major factor. He won twice for the Phillies in the World Series last year after Philadelphia got him in mid-season, and this year Texas acquired him from Seattle before the all-star break. Houston was going nowhere when it traded Lance Berkman to the Yankees and Roy Oswalt to the Phillies. Minnesota helped itself by getting closers Matt Capps and Brian Fuentes, and the Giants added late punch with Jose Guillen, Pat Burrell and Cody Ross.

CHRISTIAN PETERSEN/GETTY IMAGES

Rookies

Even though voting for rookie of the year ends before the post-season, Giants catcher **Buster Posey** and Atlanta outfielder Jason Heyward might stage their own duel for the award. Closer Neftali Feliz has been a saviour for Texas. And a pair of relievers who saw little action — Aroldis Chapman with the Reds, Craig Kimbrel with the Braves — could really break out, much as Price did in the 2008 post-season. Chapman hit 105 miles per hour on the radar gun, Kimbrel struck out 40 in only 20⅔ innings.

THE ASSOCIATED PRESS

FACE-OFF 2010

NHL CELEBRATES OPENING DAY

THURSDAY, OCT 7 | DUNDAS SQUARE

12-10:30PM Fan Activities, Live CBC & NHL Network Broadcasts, NHL Alumni, Leafs Girls, Mascots, Music, Food, Beer Garden and more.

7PM vs Outdoor Viewing Party

FOR A COMPLETE EVENT SCHEDULE, **VISIT NHL.COM/FACE-OFF**

HEDLEY

DOWN WITH WEBSTER

HEY ROSETTA!

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MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Tampa Bay	96	66	.593	—	—	5-5	W-2	49-32	47-34
y-New York	95	67	.586	1	—	3-7	L-2	52-29	43-38
Boston	89	73	.549	7	6	5-5	W-2	46-35	43-38
Toronto	85	77	.525	11	10	8-2	W-1	46-35	39-42
Baltimore	66	96	.407	30	29	5-5	L-1	37-44	29-52

CENTRAL DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Minnesota	94	68	.580	—	—	2-8	L-1	53-28	41-40
Chicago	88	74	.543	6	7	8-2	W-2	45-36	43-38
Detroit	81	81	.500	13	14	4-6	W-1	52-29	29-52
Cleveland	69	93	.426	25	26	7-3	L-2	38-43	31-50
Kansas City	67	95	.414	27	28	4-6	L-2	38-43	29-52

WEST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Texas	90	72	.556	—	—	6-4	L-1	51-30	39-42
Oakland	81	81	.500	9	14	4-6	W-4	47-34	34-47
Los Angeles	80	82	.494	10	15	5-5	W-1	43-38	37-44
Seattle	61	101	.377	29	34	3-7	L-5	35-46	26-55

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Philadelphia	97	65	.599	—	—	6-4	L-1	52-29	45-36
y-Atlanta	91	71	.562	6	—	5-5	W-1	56-25	35-46
Florida	80	82	.494	17	11	4-6	W-2	41-40	39-42
New York	79	83	.488	18	12	5-5	L-1	47-34	32-49
Washington	69	93	.426	28	22	5-5	W-1	41-40	28-53

CENTRAL DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Cincinnati	91	71	.562	—	—	5-5	W-2	49-32	42-39
St. Louis	86	76	.531	5	5	8-2	W-5	52-29	34-47
Milwaukee	77	85	.475	14	14	6-4	L-2	40-41	37-44
Houston	76	86	.469	15	15	3-7	W-1	42-39	34-47
Chicago	75	87	.463	16	16	6-4	L-1	35-46	40-41
Pittsburgh	57	105	.352	34	34	4-6	L-2	40-41	17-64

WEST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-San Francisco	92	70	.568	—	—	7-3	W-1	49-32	43-38
San Diego	90	72	.556	2	1	5-5	L-1	45-36	45-36
Colorado	83	79	.512	9	8	1-9	L-8	52-29	31-50
Los Angeles	80	82	.494	12	11	7-3	W-2	45-36	35-46
Arizona	65	97	.401	27	26	4-6	L-2	40-41	25-56

x-clinched division; y-clinched wild card

2010 POST SEASON

DIVISION SERIES

(Best-of-5)

(Note: Wild card teams play teams with best records unless in same division and wild card may not have home-field advantage)

(All times Eastern)

AMERICAN LEAGUE

TAMPA BAY (E) VS. TEXAS (W)

Tomorrow's game
Texas (Lee 12-9) at Tampa Bay (Price 19-6), 1:37 p.m.

Thursday's game
Texas (Wilson 15-8) at Tampa Bay (Garza 15-10), 2:37 p.m.

Saturday's game
Tampa Bay (Davis 12-10) at Texas (Lewis 12-13), 5:07 p.m.

Sunday's game
x-Tampa Bay (Shields 13-15) at Texas (Hunter 13-4), TBA

Tuesday, Oct. 12
x-Texas at Tampa Bay, TBA

MINNESOTA (C) VS. N.Y. YANKEES (WC)

Tomorrow's game
N.Y. Yankees (Sabathia 21-7) at Minnesota (Liriano 14-10), 8:37 p.m.

Thursday's game
N.Y. Yankees (Hughes 18-8 or Pettitte 11-3) at Minnesota (Pavano 17-11), 6:07 p.m.

Saturday's game
Minnesota (Duensing 10-3) at N.Y. Yankees (Pettitte 11-3 or Hughes 18-8), 8:37 p.m

Sunday's game
x-Minnesota (Blackburn 10-12) at N.Y. Yankees (Burnett 10-15), TBA

Tuesday, Oct. 12
x-N.Y. Yankees at Minnesota, TBA

NATIONAL LEAGUE

PHILADELPHIA (E) VS. CINCINNATI (C)

Tomorrow's game
Cincinnati (Volquez 4-3) at Philadelphia (Halladay 21-10), 5:07 p.m.

Friday's game
Cincinnati (Arroyo 17-10) at Philadelphia (Oswalt 13-13), 6:07 p.m.

Sunday's game
Philadelphia (Hamels 12-11) at Cincinnati (Cueto 12-7), TBA

Monday, Oct. 11
x-Philadelphia at Cincinnati, TBA

Wednesday, Oct. 13
x-Cincinnati at Philadelphia, TBA

SAN FRANCISCO (W) VS. ATLANTA (WC)

Thursday's game
Atlanta (Lowe 16-12) at San Francisco (Lincecum 16-10), 9:37 p.m.

Friday's game
Atlanta (Hanson 10-11) at San Francisco (Cain 13-11), 9:37 p.m.

Sunday's game
San Francisco (Sanchez 13-9) at Atlanta (Hudson 17-9), TBA

Monday, Oct. 11
x-San Francisco at Atlanta, TBA

Wednesday, Oct. 13
x-Atlanta at San Francisco, TBA

x - played only if necessary.

CALENDAR

Oct. 6 — Playoffs begin.

Oct. 27 — World Series begins, city of National League champion.

November — Free agent period to sign exclusively with former teams, first five days after World Series ends.

Nov. 16-17 — General managers' meetings, Orlando, Fla.

Nov. 17-18 — Owners' meetings, Orlando, Fla.

AMERICAN LEAGUE

Final For 2010 Season

	G	AB	R	H	Avg.
JHamilton Tex	133	518	95	186	.359
MiCabrera Det	150	548	111	180	.328
Mauer Minn	137	510	88	167	.327
ABeltre Bos	154	589	84	189	.321
Cano NYY	160	626	103	200	.319
Butler KC	158	595	77	189	.318
Ichiro Sea	162	680	74	214	.315
Konerko ChiW	149	548	89	171	.312
Crawford TB	154	600	110	184	.307
VMartinez Bos	127	493	64	149	.302

RUNS - Teixeira, New York, 113; MiCabrera, Detroit, 111; Jeter, New York, 111; Crawford, Tampa Bay, 110; JBautista, Toronto, 109; Cano, New York, 103; AJackson, Detroit, 103.

RBI - MiCabrera, Detroit, 126; ARodriguez, New York, 125; JBautista, Toronto, 124; Guerrero, Texas, 115; DelmYoung, Minnesota, 112; Konerko, Chicago, 111; Cano, New York, 109.

HITS - ISuzuki, Seattle, 214; Cano, New York, 200; ABeltre, Boston, 189; Butler, Kansas City, 189; Markakis, Baltimore, 187; JHamilton, Texas, 186; MYoung, Texas, 186.

DOUBLES - ABeltre, Boston, 49; Longoria, Tampa Bay, 46; DelmYoung, Minnesota, 46; Butler, Kansas City, 45; MiCabrera, Detroit, 45; Markakis, Baltimore, 45; VWells, Toronto, 44.

TRIPLES - Crawford, Tampa Bay, 13; AJackson, Detroit, 10; Span, Minnesota, 10; Pennington, Oakland, 8; Gardner, New York, 7; Granderson, New York, 7; Maier, Kansas City, 6; Podsednik, Kansas City, 6.

HOME RUNS - JBautista, Toronto, 54; Konerko, Chicago, 39; MiCabrera, Detroit, 38; Teixeira, New York, 33; JHamilton, Texas, 32; DOrtiz, Boston, 32; VWells, Toronto, 31.

STOLEN BASES - Pierre, Chicago, 68; RDavis, Oakland, 50; Crawford, Tampa Bay, 47; Gardner, New York, 47; Figgins, Seattle, 42; ISuzuki, Seattle, 42; BUpton, Tampa Bay, 42.

PITCHING - Sabathia, New York, 21-7; Price, Tampa Bay, 19-6; Lester, Boston, 19-9; PHughes, New York, 18-8; Cahill, Oakland, 18-8; Verlander, Detroit, 18-9; CBuchholz, Boston, 17-7; ESantana, Los Angeles, 17-10; Pavano, Minnesota, 17-11.

STRIKEOUTS - JerWeaver, Los Angeles, 233; FHernandez, Seattle, 232; Lester, Boston, 225; Verlander, Detroit, 219; Liriano, Minnesota, 201; Sabathia, New York, 197; CLewis, Texas, 196.

SAVES - RSoriano, Tampa Bay, 45; Soria, Kansas City, 43; NFeliz, Texas, 40; Gregg, Toronto, 37; Papelbon, Boston, 37; MaRivera, New York, 33; Aardsma, Seattle, 31.

NATIONAL LEAGUE

Final For 2010 Season

	G	AB	R	H	Pct.
CGonzalez Col	145	587	111	197	.336
Votto Cin	150	547	106	177	.324
OInfante Atl	134	471	65	151	.321
Tulowitzki Col	122	470	89	148	.315
Holliday StL	158	596	95	186	.312
Pujols StL	159	587	115	183	.312
Prado Atl	148	599	100	184	.307
Zimmerman Wash	142	525	85	161	.307
Braun Mil	157	619	101	188	.304
HRamirez Fla	142	543	92	163	.300

RUNS - Pujols, St. Louis, 115; Weeks, Milwaukee, 112; CGonzalez, Colorado, 111; Votto, Cincinnati, 106; Werth, Philadelphia, 106; Braun, Milwaukee, 101; AHuff, San Francisco, 100; BPhillips, Cincinnati, 100; Prado, Atlanta, 100; Uggla, Florida, 100.

RBI - Pujols, St. Louis, 118; CGonzalez, Colorado, 117; Votto, Cincinnati, 113; Howard, Philadelphia, 108; Uggla, Florida, 105; McGehee, Milwaukee, 104; Braun, Milwaukee, 103; ADunn, Washington, 103; Holliday, St. Louis, 103; DWright, New York, 103.

HITS - CGonzalez, Colorado, 197; Braun, Milwaukee, 188; Holliday, St. Louis, 186; Prado, Atlanta, 184; Pujols, St. Louis, 183; Votto, Cincinnati, 177; AdGonzalez, San Diego, 176.

DOUBLES - Werth, Philadelphia, 46; Braun, Milwaukee, 45; Holliday, St. Louis, 45; ATorres, San Francisco, 43; Loney, Los Angeles, 41; Prado, Atlanta, 40; ASoriano, Chicago, 40.

TRIPLES - Fowler, Colorado, 14; SDrew, Arizona, 12; AEscobar, Milwaukee, 10; JosReyes, New York, 10; Victorino, Philadelphia, 10; CGonzalez, Colorado, 9; ATorres, San Francisco, 8.

HOME RUNS - Pujols, St. Louis, 42; ADunn, Washington, 38; Votto, Cincinnati, 37; CGonzalez, Colorado, 34; Uggla, Florida, 33; Fielder, Milwaukee, 32; MarReynolds, Arizona, 32.

STOLEN BASES - Bourn, Houston, 52; Pagan, New York, 37; Morgan, Washington, 34; Victorino, Philadelphia, 34; AMcCutchen, Pittsburgh, 33; HRamirez, Florida, 32; JosReyes, New York, 30; Stubbs, Cincinnati, 30.

PITCHING - Halladay, Philadelphia, 21-10; Wainwright, St. Louis, 20-11; Jimenez, Colorado, 19-8; THudson, Atlanta, 17-9; Arroyo, Cincinnati, 17-10; CCarpenter, St. Louis, 16-9; Lincecum, San Francisco, 16-10; DLowe, Atlanta, 16-12.

STRIKEOUTS - Lincecum, San Francisco, 231; Halladay, Philadelphia, 219; Jimenez, Colorado, 214; Wainwright, St. Louis, 213; Kershaw, Los Angeles, 212; Hamels, Philadelphia, 211; Dempster, Chicago, 208.

SAVES - BrWilson, San Francisco, 48; HBell, San Diego, 47; FCordero, Cincinnati, 40; Marmol, Chicago, 38; Wagner, Atlanta, 37; LNunez, Florida, 30; Franklin, St. Louis, 27; Lidge, Philadelphia, 27.

NHL

PRE-SEASON

Yesterday's results
At Tampere, Finland
Minnesota 5 Ilves Tampere (Finland) 1
At St. Petersburg, Russia
SKA St. Petersburg (Russia) 5 Carolina 3
Today's games
Columbus at Malmo/Rogle BK (Sweden), 1 p.m.
Boston at HC Liberec (Czech Republic), 1 p.m.
Tomorrow's game
Phoenix at Dinamo Riga (Latvia), Noon
End NHL Pre-season Schedule

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
New York	27	14	8	5	35	27	47
Columbus	27	13	7	7	35	29	46
Kansas City	26	9	11	6	29	31	33
Toronto FC	27	8	12	7	28	34	31
Chicago	26	7	11	8	31	35	29
Philadelphia	27	7	13	7	32	44	28
New England	27	7	15	5	29	47	26
D.C. United	27	6	18	3	19	42	21

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-Los Angeles	27	16	6	5	40	22	53
x-Real Salt Lake	27	14	4	9	41	18	51
x-FC Dallas	27	12	2	13	39	22	49
Seattle	27	12	9	6	34	31	42
Colorado	27	11	8	8	37	27	41
San Jose	26	11	8	7	28	28	40
Houston	27	7	14	6	36	46	27
Chivas USA	26	7	15	4	26	36	25

x — clinched playoff berth.

Thursday's game
(All times Eastern)
Los Angeles at Philadelphia, 8 p.m.
Friday's game
Columbus at Chicago, 9 p.m.
Saturday's games
Real Salt Lake at New York, 4:30 p.m.
Colorado at FC Dallas, 6 p.m.
San Jose at D.C. United, 7:30 p.m.
Seattle at Kansas City, 8:30 p.m.
Toronto FC at Chivas USA, 10:30 p.m.
Sunday's game
New England at Houston, 8:30 p.m.

GOLF

RYDER CUP

At Newport, Wales
Par 71

EUROPE 14 ½, U.S. 13 ½

Singles

U.S. 7, Europe 5

Steve Stricker, U.S., def. Lee Westwood, Europe, 2 and 1.

Stewart Cink, U.S., halved with Rory McIlroy, Europe.

Luke Donald, Europe, def. Jim Furyk, U.S., 1-up.

Dustin Johnson, U.S., def. Martin Kaymer, Europe, 6 and 4.

Ian Poulter, Europe, def. Matt Kuchar, U.S., 5 and 4.

Jeff Overton, U.S., def. Ross Fisher, Europe, 3 and 2.

Miguel Angel Jimenez, Europe, def. Bubba Watson, U.S., 4 and 3.

Tiger Woods, U.S., def. Francesco Molinari, Europe, 4 and 3.

Rickie Fowler, U.S., halved with Edoardo Molinari, Europe.

Phil Mickelson, U.S., def. Peter Hanson, Europe, 4 and 2.

Zach Johnson, U.S., def. Padraig Harrington, Europe, 3 and 2.

Graeme McDowell, Europe, def. Hunter Mahan, U.S., 3 and 1.

NFL

WEEK FOUR

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Jets	3	1	0	.750	106	61
New England	3	1	0	.750	131	96
Miami	2	2	0	.500	66	92
Buffalo	0	4	0	.000	61	125

SOUTH

	W	L	T	Pct	PF	PA
Houston	3	1	0	.750	108	102
Jacksonville	2	2	0	.500	71	111
Indianapolis	2	2	0	.500	117	92
Tennessee	2	2	0	.500	98	68

NORTH

	W	L	T	Pct	PF	PA
Baltimore	3	1	0	.750	61	55
Pittsburgh	3	1	0	.750	86	50
Cincinnati	2	2	0	.500	79	78
Cleveland	1	3	0	.250	68	77

WEST

	W	L	T	Pct	PF	PA
Kansas City	3	0	0	1.000	68	38
San Diego	2	2	0	.500	113	71
Denver	2	2	0	.500	87	85
Oakland	1	3	0	.250	76	107

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Washington	2	2	0	.500	73	79
N.Y. Giants	2	2	0	.500	72	88
Philadelphia	2	2	0	.500	95	79
Dallas	1	2	0	.333	54	53

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	3	1	0	.750	93	60
New Orleans	3	1	0	.750	79	72
Tampa Bay	2	1	0	.667	50	59
Carolina	0	4	0	.000	46	87

NORTH

	W	L	T	Pct	PF	PA
Chicago	3	1	0	.750	69	68
Green Bay	3	1	0	.750	106	73
Minnesota	1	2	0	.333	43	38
Detroit	0	4	0	.000	82	106

WEST

	W	L	T	Pct	PF	PA
Arizona	2	2	0	.500	58	118
St. Louis	2	2	0	.500	77	52
Seattle	2	2	0	.500	75	77
San Francisco	0	4	0	.000	52	103

Byes: Dallas, Kansas City, Minnesota, Tampa Bay
Last night's result
New England 41 Miami 14
Sunday's results
Atlanta 16 San Francisco 14
Baltimore 17 Pittsburgh 14
Cleveland 23 Cincinnati 20
Denver 26 Tennessee 20
Green Bay 28 Detroit 26
Houston 31 Oakland 24
Jacksonville 31 Indianapolis 28
New Orleans 16 Carolina 14
N.Y. Giants 17 Chicago 3
N.Y. Jets 38 Buffalo 14
San Diego 41 Arizona 10
St. Louis 20 Seattle 3
Washington 17 Philadelphia 12

CFL

WEEK 15

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Montreal	13	9	4	0	409	336	18
Hamilton	13	6	7	0	330	355	12
Toronto	13	6	7	0	259	344	12
Winnipeg	13	3	10	0	345	349	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Calgary	13	10	3	0	452	295	20
x-Saskatchewan	13	9	4	0	380	345	18
B.C.	13	5	8	0	324	319	10
Edmonton	13	4	9	0	261	413	8

x — clinched playoff berth.
Friday's game
(All times Eastern)
Edmonton at Hamilton, 7:30 p.m.
Saturday's game
Toronto at Saskatchewan, 5 p.m.
Monday, Oct. 11
Calgary at Montreal, 1 p.m.
B.C. at Winnipeg, 4:30 p.m.

TRANSACTIONS

BASEBALL

MLB

AMERICAN LEAGUE

CLEVELAND INDIANS — Promoted Mike Chernoff to assistant general manager, John Mirabelli to vice president of scouting operations, Ross Atkins to vice president of player development and Andrew Miller to assistant to the president.

DETROIT TIGERS — Extended their working agreement with Erie (EL) two years through the 2012 season.

NATIONAL LEAGUE

ARIZONA DIAMONDBACKS — Promoted interim manager Kirk Gibson to manager. Reassigned interim general manager Jerry Dipoto to vice president of scouting and player development.

CHICAGO CUBS — Promoted Sam Coghill to managing director of corporate partnerships. Named Michael Kirschner director of corporate sponsorships.

CINCINNATI REDS — Agreed to terms with manager Dusty Baker on a two-year contract extension through the 2012 season.

HOUSTON ASTROS — Exercised their 2011 contract option on OF Jason Michaels. Declined the 2011 contract option on INF Geoff Blum.

MILWAUKEE BREWERS — Declined their 2011 contract option on manager Ken Macha.

NEW YORK METS — Fired executive vice president of baseball operations and general manager Omar Minaya. Declined their 2011 contract option on manager Jerry Manuel.

PITTSBURGH PIRATES — Fired manager John Russell.

BASKETBALL

NBA

CHICAGO BULLS — Agreed to terms with C Joakim Noah on a multi-year contract extension.

FOOTBALL

NFL

LEAGUE OFFICE — Suspended Seattle LB Leroy Hill one game and fined him an additional game check for violating the NFL Personal Conduct Policy. Fined Tennessee defensive coordinator Chuck Cecil $40,000 for an obscene gesture at game officials during Sunday's game against Denver. Suspended San Diego S Steve Gregory four games for violating the league's policy on performance-enhancing substances.

NEW YORK JETS — Waived WR David Clowney and WR Patrick Turner. Re-signed DT Howard Green.

HOCKEY

NHL

LEAGUE OFFICE — Suspended Montreal F Michael Cammalleri one game for a hard slash to the ankle of N.Y. Islanders LW Nino Niederreiter during Saturday's game.

ANAHEIM DUCKS — Assigned LW Josh Green and C Maxime Macenauer to Syracuse (AHL).

ATLANTA THRASHERS — Released F Fredrik Pettersson, F Patrick Rissmiller, D Arturs Kulda and D Andrey Zubarev.

CHICAGO BLACKHAWKS — Assigned F Jeremy Morin to Rockford (AHL).

COLUMBUS BLUE JACKETS — Assigned F Ben Guite and F Tom Sestito to Springfield (AHL).

DETROIT RED WINGS — Assigned RW Jan Mursak to Grand Rapids (AHL).

NEW JERSEY DEVILS — Assigned G Mike McKenna, D Matt Corrente, C Jacob Josefson and RW Mattias Tedenby to Albany (AHL). Waived D Rob Davison.

NEW YORK RANGERS — Agreed to terms with F Ruslan Fedotenko.

ST. LOUIS BLUES — Assigned F T.J. Hensick, F Ryan Reaves, F David Spina, D Dean Arsene and D Nathan Oystrick Peoria (AHL).

WASHINGTON CAPITALS — Signed G Philipp Grubauer to a three-year contract.

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Canada on the medal board at Games in India

Small crowds, minor glitches and the prospect of contracting dengue fever were still a concern for organizers as the spotlight finally turned to sports at the Commonwealth Games.

Swimming was the first sport to get going in New Delhi yesterday, the morning after the Games officially opened with a spectacular ceremony at the Jawaharlal Nehru Stadium.

Victoria swimmer Ryan Cochrane quickly put Canada on the board, winning the men's 400-metre freestyle in three minutes 48.48 seconds.

Canada also got bronzes from Julia Wilkinson of Stratford, Ont., in the 200 individual medley and Stefan Hirniak of Victoria in the 200 butterfly.

Another bronze came from the Canadians in men's team gymnastics.

The first gold of the Games went to Nigerian weightlifter Augustina Nwaokolo in the women's 48-kilogram category.

Soniya Chanu, who had been expected to win the host country's first gold medal, finished second.

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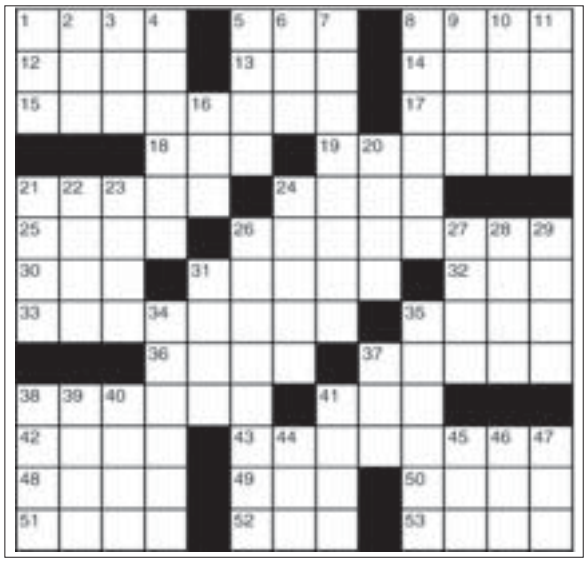

Across

1 Galley supply
5 Affirmative reply
8 Pack cargo
12 Scram
13 "— Blue?"
14 Robust
15 Fin
17 Vicinity
18 Family member
19 Lethargy
21 Discard
24 Select
25 Talon
26 Significant detail
30 Chic no more
31 Legends
32 Before
33 Chink in the armor
35 Stare
36 Fender bender
37 Bad lighting?
38 Old brand of TV sets and radios
41 Literary collection
42 Vega's constellation
43 Sentimental weakness
48 Fairy-tale preposition
49 Basketball coaching legend Hank
50 Pontiff
51 Amateur-night ringer
52 Round Table address
53 Location

Down

1 Vacationing
2 "The Greatest"
3 Gun the engine
4 Teeter-totter
5 Shrill barks
6 Comedian Philips
7 Be patient
8 Hammerheads et al.
9 Rainout cover-up
10 Margarine
11 Have on
16 Taste the tea
20 Publisher Adolph
21 Garbage barge
22 Hint
23 — -tat-tat
24 French physicist with a tube named for him
26 Trance-like state
27 Pod occupants
28 Ricelike pasta
29 Adolescent
31 Fraction of a min.
34 "Constant Craving" singer
35 Clutches
37 Pismire
38 Advertise
39 Injection, for short
40 Pressing need?
41 Distant
44 Sapporo sash
45 Luau bowlful
46 Choose
47 Fairway entrance

▶ Yesterday's answer

Sudoku

1	5		7					
		7		6		5		
			2					8
	1				7		6	
4			3		8			5
	2		5				3	
7					3			
		8		9		3		
					4		1	9

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

9	6	3	5	1	4	2	8	7
8	4	7	2	9	3	6	1	5
5	1	2	8	7	6	4	3	9
2	5	4	9	6	8	1	7	3
6	3	8	7	5	1	9	2	4
7	9	1	3	4	2	5	6	8
1	8	6	4	3	9	7	5	2
4	2	5	1	8	7	3	9	6
3	7	9	6	2	5	8	4	1

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Show some love! Send a note to somebody special at kiss@metronews.ca

Ava, It's hard to believe a year has gone by so fast since you entered our lives. Happy 1st birthday baby girl, we love you so much.
LOVE MOMMY, DADDY & MAYA

Alina datsko; My world, my reason, my life. I love you so very much. When I look into your eyes, I see a future for us. I deserve a kiss for this. Happy birthday and happy 15 months!!
JRR TJR DEUCES, JULIAN RAHAMAN

Kerrie, When I first saw your abnormally white hair (sorry babe) I knew it was love at first sight! I love you more than you could imagine.
FOREVER YOURS, DEAN.

Dear Janet! :) This was by far the best way to wish you a happy 10 months and sorry for not texting it to you, but I thought it'd be better if I published it for the world to see! And it's beside the horoscope, so no page flipping for you! Anywho iloveyou and enjoyed being with you for these 10 months! :)
CHEERS -TARUN :)

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Make things happen. Command respect from those you live and work with. The one thing you must not do, however, is make unreasonable demands.

♉ Taurus April 21-May 21 You will be confronted by a major challenge of some kind today, the kind that most people would give up on without even trying. But you're not most people so roll up your sleeves and get stuck in.

♊ Gemini May 22-June 21 You are not in the mood to play games and with Mercury, your ruler, aspecting planet Pluto anyone who annoys you will very soon regret it. Your tongue can be a dangerous weapon.

♋ Cancer June 22-July 22 Stand your ground today and refuse to be intimidated by people who talk tough but don't have much back up their talk. You're more courageous than they are.

♌ Leo July 23-Aug.23 Be assertive today but don't come on so strong that you turn people against you. What you always need to keep in mind is that others have feelings, too. Treat them with respect.

♍ Virgo Aug. 24- Sept. 22 With Mercury, your ruler, squaring up to Pluto today you won't hesitate to use a little muscle to get what you need. Sometimes it's not enough to ask for what you want, sometimes you have to turn the screw.

♎ Libra Sept. 23-Oct. 23 With the Sun, Mercury and Saturn moving through your sign, this should be a time of success. But because Mercury is at right angles to Pluto today you must make sure you stay within the rules or you'll be punished!

♏ Scorpio Oct. 24-Nov. 22 Has someone got it in for you? Do they intend to do you harm? It's possible, but more likely it's just your mind playing tricks on you.Be rational, not emotional.

♐ Sagittarius Nov. 23-Dec. 21 It's easy to get impatient with people who don't think or act as fast as you. But you can't change the way others behave, but you can change your attitude. Try it.

♑ Capricorn Dec. 22-Jan. 20 Nothing stays the same and today's Mercury-Pluto link will make it plain to you that the changes now taking place are unstoppable. Don't fear them or fight them, flow with them.

♒ Aquarius Jan. 21-Feb. 18 There are times when you take life too seriously and this is one of them. You did something wrong? So what? Each day is a new beginning, so start over.

♓ Pisces Feb. 19-March 20 You'll have to make a tough decision today, the kind you would give anything to avoid. Like it or not, the responsibility has fallen on your shoulders, so make it and move on quickly. ● SALLY BROMPTON

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MEXICO

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